

**LESROOSTER
FITNESSZAAL****TIJD****LES****MAANDAG**

10.00 – 11.00	FULL-BODY
16.00 – 17.00	KIDSTRAINING
19.00 – 20.00	FULL-BODY
20.00 – 21.00	CROSSGYM

DINSDAG

09.00 – 09.30	BUIK
20.00 – 21.00	FULL-BODY

WOENSDAG

09.00 – 09.30	BUIK
15.00 – 15.30	BUIK
19.00 – 20.00	FULL-BODY
20.00 – 21.00	CROSSGYM

DONDERDAG

09.00 – 10.00	FULL-BODY
18.30 – 19.30	FULL-BODY
19.30 – 20.30	CROSSGYM

VRIJDAG

09.00 - 10.00	FULL-BODY
10.00 – 10.30	BUIK
16.00 – 17.00	KIDSTRAINING
19.00 – 20.00	CROSSGYM

ZATERDAG & ZONDAG

10.00 – 11.00	FULL-BODY
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