



## Hengelo LESROOSTER SIXPACK 2019

Tijdstip:	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09:00 – 09:30	Six-Pack	Core (buikspieren)	Core (buikspieren)	Funct. Tr.	Bootcamp	Sixpack	
09:30 – 10:00	Six-Pack			Funct. Tr.	Bootcamp	Sixpack	
10:00 – 10:30	Funct. Tr.		Six-Pack		Core (buikspieren)	Funct Tr.	Funct. Tr.
10:30 – 11:00	Funct. Tr.		Six-Pack			Funct Tr.	Funct. Tr.
11:00 – 11:30		Six-Pack					
11:30 – 12:00		Six-Pack					
18:00 – 18:30	Six-Pack		Six-Pack		Six-Pack		
18:30 – 19:00	Six-Pack	Six-Pack	Six-Pack	Funct. Tr.	Six-Pack		
19:00 – 19:30	Funct. Tr.	Six-Pack	Funct. Tr.	Funct. Tr.	Crossgym		
19:30 – 20:00	Funct. Tr.		Funct. Tr.	Six-Pack	Crossgym		
20:00 – 20:30	Crossgym	Funct. Tr.	Crossgym	Six-Pack			
20:30 – 21:00	Crossgym	Funct. Tr.	Crossgym				

\*Voor al deze lessen dien je online te reserveren op [www.aerofitt.nl](http://www.aerofitt.nl)

\*\*De Six-pack lessen zijn outdoor (verzamelen in de kantine).

\*\*\*De Functionele training (Funct. Tr), Crossgym en Core lessen zijn indoor (fitness zaal).



HENGELO