

## GROEPSLESSEN

	MA	DI	WOE	DO	VRIJ	ZAT	ZON
09:00/09:30	Bodypump	Bodypump	Bodypump				
08:30/09:15							Biking
09:00/09:30				powerrow			
09:00/09:45					Biking		
09:25/09:55							GRIT
09:40/10:10	BBB0172	bodycombat	XCO				
10:00/10:45							aerobics
10:50/11:20							Core
11:30/12:15							Bodybalance
17:30/18:00	Bodypump	XCO	Bodypump	Bodystep			
18:00/18:30					grit		
18:40/19:10					Bodypump		
18:10/18:40	Core	blockbusters		Bodypump			
18:45/19:30							
18:10/18:55			Bodybalance				
18:50/19:20	Bodycombat			Bodycombat			
18:50/19:35		step mix					
19:00/19:30			combat				
19:25/20:05				SH'bam			
19:30-20:00	bodystep						
19:40/20:10		Bodypump	attack				
20:10/20:55	Biking						
20:15/21:00			Biking				
20:10/20:40				Bodyattack			
20:20/20:50		Bokszak training					

## CROSSBOX

	MA	DI	WOE	DO	VRIJ	ZAT	ZON
08:45/09:15	WOD 30m		WOD 30m		WOD 30m		
08:45-09:45							WOD
09:30/10:15							
09:50/10:50							WOD
10:50/12:00							
17:00/17:45	CROSSteens		CROSSteens		CROSSteens		
18:00/18:30	WOD	WOD	powerrow		WOD		
18:45/19:45							
19:00/19:30		Fitness row					
19:45/20:45			WOD	WOD			
20:00/21:00	WOD	WOD					