

ZOMERROOSTER JULI-AUGUSTUS

MAANDAG			DINSDAG		
			10:00 – 11:00	MASTERFIT	
			11:00 – 12:00	MASTERFIT	
14:00 – 15:00	MASTERFIT		14:00 – 15:00	MASTERGYM	
			16:00 – 17:00	JEUGDFITNESS	
			17:00 – 18:00	JEUGDFITNESS	
19:00 – 19:45	PILATES	Outdoor	19:00 – 19:45	BBB	
20:00 – 20:45	TOTAL BODY				

WOENSDAG			DONDERDAG		
10:00 – 11:00	MASTERFIT		10:00 – 11:00	MASTERFIT	
			11:00 – 12:00	MASTERFIT	
16:00 – 17:00	BOOTCAMP JEUGD	Outdoor	16:00 – 17:00	JEUGDFITNESS	
			17:00 – 18:00	JEUGDFITNESS	
			19:00 – 19:45	FUNCTIONAL TRAINING	

VRIJDAG			ZATERDAG		
09:00 – 09:45	PILATES	Outdoor	09:00 – 10:00	PLUS CYCLING	
10:00 – 10:45	CARDIO	Outdoor	10:15 – 11:00	SURPRISE TRAINING	
11:00 – 12:00	MASTERFIT				
15:00 – 16:00	MASTERFIT				