

ROOSTER GROEPSLESSEN

	MAANDAG		DINSDAG		WOENSDAG		DONDERDAG		VRIJDAG		ZATERDAG		ZONDAG	
	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
09.00														
09.15	LES MILLS BODYBALANCE	LES MILLS RPM	LES MILLS BODYPUMP		tone	LES MILLS RPM	LES MILLS DANCE		LES MILLS BODYCOMBAT	LES MILLS RPM				
09.30														
09.45														
10.00	LES MILLS CORE		LES MILLS DANCE		LES MILLS CORE		LES MILLS BODYPUMP		LES MILLS CORE		tone		LES MILLS BODYPUMP	LES MILLS RPM
10.15														
10.30					LES MILLS BODYBALANCE					LES MILLS BODYBALANCE	LES MILLS BODYPUMP		LES MILLS CORE	
10.45														
11.00														
11.15													LES MILLS BODYCOMBAT	LES MILLS BODYBALANCE
11.30														
11.45													LES MILLS GRIT	
12.00														

	MAANDAG		DINSDAG		WOENSDAG		DONDERDAG	
	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
18.00								
18.15								
18.30	LES MILLS BODYPUMP							
18.45							LES MILLS GRIT	
19.00				LES MILLS BODYCOMBAT	tone			
19.15	LES MILLS CORE						LES MILLS BODYPUMP	
19.30		LES MILLS RPM						
19.45	LES MILLS BODYCOMBAT		LES MILLS BODYPUMP		LES MILLS DANCE		LES MILLS BODYCOMBAT	LES MILLS RPM
20.00				LES MILLS RPM				
20.15								
20.30	LES MILLS DANCE	LES MILLS BODYBALANCE	LES MILLS GRIT			LES MILLS BODYBALANCE		
20.45							LES MILLS CORE	
21.00								
21.15								
21.30								

	MA	DI	WOE	ZA	ZO
	FUNCTION ZONE			FUNCTION ZONE	
18.00					
18.15					
18.30					
18.45	FUNCTION	FUNCTION			FUNCTION
19.00					
19.15			CROSS BOXING		
19.30					
19.45		CROSS BOXING	FUNCTION		
20.00					
20.15	CROSS BOXING				
20.30					
10.00					
10.15					FUNCTION
10.30					
10.45	FUNCTION				
11.00					
11.15			CROSS BOXING		
11.30					

*Alle lessen gegeven in **studio 1** zijn ook online te volgen

LEADERS IN GROUPEFITNESS