

Lestijden

Maandag	
Les	Tijd
Personal Training	07.00 - 08.00
Personal Training	08.00 - 09.00
Personal Training	09.00 - 10.00
Personal Training	10.00 - 11.00
Personal Training	11.00 - 12.00
Personal Training	17.00 - 18.00
Personal Training	18.00 - 19.00
Looptraining (outdoor)	19.30 - 20.30
Personal Training	20.45 - 21.45

Dinsdag	
Les	Tijd
Personal Training	07.00 - 08.00
Personal Training	08.15 - 09.15
Personal Training	10.00 - 11.00
Personal Training	11.00 - 12.00
Personal Training	17.00 - 18.00
Volleybal-Team	18.00 - 19.00
Bootcamp outdoor	19.30 - 20.30
Personal Training	20.45 - 21.45

Woensdag	
Les	Tijd
Personal Training	07.00 - 08.00
Personal Training	08.00 - 09.00
Bootcamp (outdoor)	09.00 - 10.00
Small-Group Training	10.15 - 11.15
Personal Training	11.30 - 12.30
Personal Training	17.00 - 18.00
Personal Training	18.00 - 19.00
Personal Training	19.00 - 20.00
Personal Training	20.00 - 21.00

Donderdag	
Les	Tijd
Personal Training	07.00 - 08.00
Personal Training	08.00 - 09.00
Personal Training	09.00 - 10.00
Personal Training	10.00 - 11.00
Personal Training	11.00 - 12.00
Personal Training	17.00 - 18.00
Bootcamp (outdoor}	18.30 - 19.30
Personal Training	19.45 - 20.45

Vrijdag	
Les	Tijd
Personal Training	07.00 - 08.00
Personal Training	08.00 - 09.00
Personal Training	09.15 - 10.15
Personal Training	11.00 - 12.00
Bedrijfsfitness	12.00 - 14.00

Zaterdag	
Les	Tijd
Small group training	08.00 - 09.00
Bootcamp (outdoor)	09.15 - 10.15
Personal Training	10.30 - 11.30
Personal Training	11.30 - 12.30

Zondag gesloten