

S L	E F	maandag	dinsdag	woensdag	donderdag	Vrijdag	zaterdag	zondag
7:00								
8:00			8:00 - 9:00 WOW		8:00 - 8:45 HYROX			
9:00		8:45 - 9:15 GRIT		9:00 - 9:45 LESMILLS PILATES	8:45 - 9:30 BODYPUMP HEAVY	9:00 - 10:00 CIRCUIT TRAINING	9:00 - 9:45 LESMILLS PILATES	9:00 - 10:00 HYROX
10:00		9:15 - 10:15 BODYPUMP		9:45 - 10:30 CIRCUIT TRAINING			9:45 - 10:45 CROSSBOX	
18:00				18:30 - 19:15 WOW	18:30 - 19:30 CROSSBOX			
19:00		18:45 - 19:30 BODYPUMP HEAVY	19:00 - 19:30 BOOTY	19:30 - 20:00 CROSSBOX	18:45 - 19:30 BODYPUMP HEAVY	19:00 - 19:30 ABS		
20:00		19:30 - 20:00 ABS	19:30 - 20:30 CROSSBOX	19:30 - 20:30 BODYPUMP	19:30 - 20:00 BOOTY	19:30 - 20:30 HYROX	19:30 - 20:30 BODYPUMP	
21:00		20:00 - 20:45 LESMILLS PILATES	20:30 - 21:30 HYROX	20:00 - 21:00 PILATES				