



GROEPSLES ROOSTER

ROOSTER VANAF 18 AUGUSTUS 2025

MAA	DIN	WOE	DON	VRIJ	ZAT	ZON
09:00-10:00 BALANCE YOGA	09:00-09:40 CIRCUIT-40		09:00-09:40 CIRCUIT-40	09:00-10:00 STRONGHER	09:00-09:40 CIRCUIT-40	09:00-10:00 RUNNING CLUB
10:00-10:45 BBB POWER		10:00-10:40 CIRCUIT-40			09:40-10:00 ABS & STRETCH	10:00-10:50 BODY PUMP
19:00-19:50 BODY PUMP	19:00-20:00 GLADIATOR & ABS	19:15-20:00 BBB POWER	19:00-19:50 BODY PUMP			
20:00-21:00 MIX WORKOUT	20:00-21:00 SHAPE	20:00-21:00 BALANCE YOGA	20:00-21:00 BALANCE YOGA			