The Roots
COMMUNITY & HEALTHCLUB

LIVE GROEPSLESSEN - RESERVATIE VEREIST

Startuur	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO	STUDIO
07:30		YIN YOGA					
08:00	SPINNING						
08:30		ZUMBA	STRONGNATION	PILATES	YIN YOGA		
09:00	BOOTY (30min)					BODYPUMP	SPINNING
09:30	BODYPUMP	SPINNING	MOBILITY (30 min)	ABS (30 min)	ZUMBA		
10:00						PILATES	ABS (30 min)
10:30					SPINNING (45 min)		BODYPUMP
11:00						YIN YOGA	
11:30					FIGUUR TRAINING (45 min)		ZUMBA
18:00				SPINNING			
18:30	BODYPUMP				ABS (30 min)		
19:00			FATBURNER	ABS (30 min)	PILATES		
19:30	PILATES	ZUMBA		BBB			
20:00			ABS (30 min)				
20:30	ZUMBA	BBB	SPINNING				
21:00							
21:30							