



MARK PT & LEEFSTIJL GROEPSLES ROOSTER DECEMBER



MAANDAG
08.00-08.30 Circuittraining
08.30-09.00 Circuittraining
18.00-18.30 Circuittraining
18.30-19.00 Circuittraining



DONDERDAG
09.00-09.30 Circuittraining
18.30-19.00 Circuittraining
19.00-19.30 BBB



DINSDAG
09.00-09.30 Circuittraining
18.30-19.00 Circuittraining
19.00-19.30 Fit boxing
19.30-20.00 High Intensive Training



VRIJDAG
08.30-09.00 Circuittraining
09.00-09.30 BBB



WOENSDAG
08.00-08.30 Circuittraining
08.30-09.00 Circuittraining
18.30-19.00 Circuittraining
19.00-19.30 Circuittraining
19.30-20.00 Power Yoga



ZATERDAG
08.45-09.15 Circuittraining
09.15-09.45 Fit boxing/Circuittraining
10.30-11.00 Bootcamp