



## Groepslesrooster Fitness Warmenhuizen - 23 JAN 2023

| Maandag                     | Dinsdag                      | Woensdag                       | Donderdag                       | Vrijdag                    | Zaterdag                  |
|-----------------------------|------------------------------|--------------------------------|---------------------------------|----------------------------|---------------------------|
|                             | 8:30 - 9:30<br>Yoga          |                                | 8:30 - 9:30<br>Yoga             | 8:45 - 9:15<br>HIIT        |                           |
| 9:00 - 10:00<br>Spinning    | 9:45 - 10:30<br>BBB          | 9:00 - 10:00<br>Spinning       | 9:45 - 10:45<br>Medisch Fitness | 9:30 - 10:30<br>Total Body | 9:00 - 10:00<br>Spinning  |
| 10:15 - 11:15<br>Pilates    | 10:30 - 10:45<br>Core 15     | 10:15 - 11:15 ABC <sup>3</sup> |                                 |                            | 10:30 - 11:30<br>Bootcamp |
| 13:00 - 14:30<br>Honingraat | 13:00 - 14:30<br>Thomashuis  |                                |                                 | 11:30 - 12:30<br>YinYoga   |                           |
|                             |                              |                                |                                 | 18:00 - 19:00<br>De Ploeg  |                           |
| 19:00 - 20:00<br>Bootcamp   | 19:00 - 20:00<br>Spinning    | 19:30 - 20:30<br>Total Body    | 19:30 - 20:30<br>PowerPump      | 19:30 - 20:00<br>BBB       |                           |
| 20:00 - 21:00<br>Pilates    | 20:00 - 21:00<br>Dance2Shape | 20:30 - 21:30<br>Yin Yang Yoga | 20:00 - 21:30<br>Pilates        | 20:00 - 20:30<br>Steps     |                           |

Graag reserveren via de leden-app AppyBee

Bij 3 deelnemers of meer gaat de les door!