

GROEPSLESROOSTER

GO4FIT BEUNINGEN

Maandag - 08.00-22.00

Tijd	Les
09:00u - 10:00u	Clubpower ®
09:00u - 10:00u	Bodyshape zaal 2
09:15u - 09:45u	Go4Function
09:45u - 10:00u	Buik Workout
10:00u - 10:45u	Easy yoga
18:45u - 19:15u	Booty workout zaal 2
19:00u - 19:45u	Club Cycle
19:00u - 20:00u	Clubpower ®
19:15u - 20:00u	Zumba
19:30u - 20:00u	Go4Function
20:00u - 20:15u	Buik Workout
20:00u - 20:45u	XCORE zaal 1
20:15u - 21:00u	Club Cycle
20:15u - 21:15u	Yoga
20:45u - 21:45u	Judo

Dinsdag - 08.00-22.00

Tijd	Les
09:00u - 10:00u	Clubpower ®
09:15u - 09:45u	Go4Function
09:45u - 10:00u	Buik Workout
10:00u - 10:45u	Club Cycle
17:30u - 18:20u	Judo
19:00u - 19:30u	Booty workout
19:30u - 20:30u	Woman Cardio Boxing
19:30u - 20:15u	Zumba
19:30u - 20:00u	Go4Function
20:00u - 20:15u	Buik Workout
20:15u - 21:00u	Pilates zaal 2
20:30u - 21:15u	Club Cycle
20:30u - 21:30u	Go4Function (2.0)

Woensdag - 08.00-22.00

Tijd	Les
08:45u - 09:30u	Club Cycle
09:15u - 10:00u	Zumba
09:30u - 10:00u	Go4Function
10:00u - 10:15u	Buik Workout
10:15u - 11:00u	Pilates
15:00u - 15:50u	Judo
16:30u - 17:20u	Kickboxing (Jeugd)
17:30u - 18:30u	Kickboxing
18:00u - 18:50u	Jeugd Fitness
19:00u - 19:45u	Zumba zaal 2
19:15u - 20:15u	Clubpower ®
19:15u - 20:00u	Club Cycle
19:30u - 20:00u	Go4Function
20:00u - 21:00u	Yoga zaal 2
20:00u - 20:15u	Buik Workout
20:30u - 21:15u	Bodyshape

Donderdag - 08.00-22.00

Tijd	Les
09:15u - 09:45u	Go4Function
09:45u - 10:00u	Buik Workout
16:30u - 17:15u	Club Cycle
19:00u - 19:45u	XCORE
19:15u - 20:00u	Zumba
19:30u - 20:00u	Go4Function
19:30u - 20:15u	Club Cycle
20:00u - 20:15u	Buik Workout
20:00u - 20:30u	Power BBB

Vrijdag - 08.00-21.30

Tijd	Les
09:00u - 10:00u	Club Cycle (HIIT)
09:00u - 09:45u	Bodyshape
10:00u - 11:00u	Yoga
11:00u - 12:00u	Fit en Vitaal 65+
17:00u - 17:50u	Kidsdance (2)
18:00u - 18:50u	Jeugd Fitness

Zaterdag - 09.00-16.00

Tijd	Les
09:15u - 09:45u	Go4Function
09:45u - 10:00u	Buik Workout
10:00u - 11:00u	Clubpower ®

Zondag - 09.00-16.00

Tijd	Les
09:00u - 09:45u	Club Cycle
10:30u - 11:15u	Bodyshape

