

Maandag

08:00-14:00u & 16:00-22:00u

| Tijd | Les |
|-----------------|----------------------|
| 09:00u - 09:30u | Small Group Training |
| 19:00u - 19:30u | Cardio BBB |

Dinsdag

08:00-14:00u & 16:00-22:00u

| Tijd | Les |
|-----------------|----------------------|
| 09:00u - 09:30u | Small Group Training |
| 19:00u - 19:30u | Booty workout |
| 20:00u - 20:30u | Booty workout |

Woensdag

08:00-14:00u & 16:00-22:00u

| Tijd | Les |
|-----------------|----------------------|
| 09:00u - 09:30u | Small Group Training |
| 19:00u - 19:30u | HIIT |

Donderdag

08:00-14:00u & 16:00-22:00u

| Tijd | Les |
|-----------------|----------------------|
| 09:00u - 09:30u | Small Group Training |
| 19:00u - 19:30u | Booty workout |
| 20:00u - 20:30u | Booty workout |

Vrijdag

08:00-14:00u & 16:00-21:00u

| Tijd | Les |
|-----------------|----------------------|
| 09:00u - 09:30u | Small Group Training |
| 19:00u - 19:30u | Power BBB |

Zaterdag

09:00-14:00u

| Tijd | Les |
|-----------------|----------------------|
| 10:00u - 10:30u | Small Group Training |

Zondag

09:00-14:00u

| Tijd | Les |
|-----------------|----------------------|
| 10:00u - 10:30u | Small Group Training |

