Fitness rooster

Fitness in de Praktijk.

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
Circuit training ➔ 08:30 - 09:15				Circuit training ➔ 08:45 - 09:30	Circuit training ➔ 08:30 - 09:15
Circuit training ➔ 09:15 - 09:45	Circuit training ➔ 09:00 - 09:45	Circuit training ➔ 09:00 - 09:45	Circuit training ➔ 09:00 - 09:45		Circuit training ➔ 09:15 - 10:00
Dans ➔ 09:45 - 10:15	Circuit training ➔ 09:45 - 10:30	Yoga ➔ 10:00 - 11:00	Circuit training ➔ 09:45 - 10:30		Yoga ➔ 10:00 - 11:00
	Stoel Yoga ➔ 10:30 - 11:15	Stoel Yoga ➔ 11:15 - 12:15			
Middag					
	Medisch Fitness ➔ 13:00 - 14:00			Medisch Fitness ➔ 13:00 - 14:00	
Medisch Fitness ➔ 14:00 - 15:00			Medisch Fitness ➔ 14:00 - 15:00		
		Stoel Yoga ➔ 15:00 - 15:45			
Avond					
Circuit training ➔ 18:45 - 19:30	Circuit training ➔ 19:30 - 20:15	Circuit training ➔ 18:45 - 19:30	Kracht & Interval ➔ 19:30 - 20:15		
Small Group training ➔ 19:30 - 20:30		Zwanger & Fit ➔ 19:30 - 20:15			
		Yoga ➔ 20:15 - 21:15			

Openingstijden

Ma	08:30 - 13:00 / 13:00 - 16:00* / 16:00 - 21:30
Di	08:30 - 21:30
Wo	08:30 - 13:00 / 13:00 - 15:30* / 15:30 - 21:30
Do	08:30 - 21:30
Vr	08:30 - 13:00 / 13:00 - 18:00*
Za	08:00 - 13:00

* Vrij fitness