



WINNR HEALTHCLUB

Groepslesrooster per 15-04-2019

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
XCO	20.30 xl	19.45	20.30 xl		09.15	10.00 xl	
Body Pump	19.30	18.30 (45 min)		10.30 19.30			10.00
GRIT Cardio	10.15				10.15		
GRIT Strength	19.00			20.30			11.15
CORE	10.45	19.15		19.00		10.30	
Body Combat	19.30		19.30				
Spinning	20.30	20.30	19.45	20.00			11.00
Steps(gevord)	19.30						
Mix aerobic/steps	09.15			09.15			10.00
Body Shape		09.15	10.15	19.30			
Cardio Circuit	09.15	09.15	09.15 18.30		09.15		
Stabiliteits kwartier	10.15	10.15		10.30			
Buikspier kwartier	19.30	20.00	10.15 19.30		20.00		
Cardio 55+	13.00			13.00			
Total Circuit	20.30			09.30 18.30 19.30 20.30			10.00 11.00
Yoga		10.15	20.30	18.30			
Pilates			19.30				
Body Balance	10.15	19.45		10.15		11.00	
DanceMove		19.30					
Zumba	18.30			20.30			
Openingstijden	08.30 - 22.30	08.30 - 22.30	08.30- 22.30	08.30 - 22.30	08.30 - 22.30	09.00-15.00	09.00- 14.00
Fitness	08.30 - 22.00	08.30 - 22.00	08.30- 22.00	08.30 - 22.00	08.30 - 22.00	09.00-15.00	09.00- 14.00