

Club

Schedule 11.07 - 17.07

MA 11.07	DI 12.07	WO 13.07	DO 14.07	VR 15.07	ZA 16.07	ZO 17.07
09:00 60m BodyPump Thila .	09:00 60m Pilates Thila .	09:00 60m BBB Selma .	09:15 45m Grit Strength Selma .	09:00 30m HIIT Training Raymond .	09:30 60m BBB Selma .	09:30 60m BodyPump Janneke .
09:00 30m FunXtion Terezia .	10:00 45m Boks & Strength Raymond .	10:00 60m BodyBalance Janneke .	10:00 60m 50-Fit Terezia .	09:30 15m Core Workout Raymond .	11:00 45m Boks & Strength Selma .	10:30 60m BodyBalance Janneke .
09:30 15m Core Workout Terezia .	19:00 30m FunXtion Selma .	10:00 45m Boks & Strength Raymond .	19:00 60m BodyPump Janneke .	09:30 60m BodyPump Thila .		
10:00 60m Yoga Thila .	19:00 60m BodyAttack Janneke .	11:00 60m BodyShape Janneke .	19:00 30m FunXtion Bart .	10:00 30m FunXtion Raymond .		
11:00 60m BBB Terezia .	19:30 45m Boks & Strength Terezia .	18:30 45m Grit Strength Selma .	19:30 15m Core Workout Bart .	10:30 60m Pilates Thila .		
18:30 30m FunXtion Raymond .	20:00 60m BodyPump Janneke .	19:15 45m Power Yoga Sinem .	20:00 60m BodyBalance Janneke .	19:00 60m BBB Selma .		
19:00 60m Bootcamp Mike .		20:00 60m Zumba Oriana .	20:15 45m Fight Fun Terezia .			
19:00 60m BodyPump Maud .						

19:15 45m
Boks & Strength
Selma .

20:00 60m
Zumba
Oriana .

20:15 45m
Boks & Strength
Mike .