

SMALL GROUP CLASS SCHEDULE

MAANDAG	09:00 - 09:30	Small Group Circuit	
	09:45 - 10:15	Kettlebell Training	
	18:30 - 19:00	TRX Training	
	19:15 - 19:30	ABS	
	19:45 - 20:15	Booty Work-Out	
DINSDAG	09:00 - 09:30	Small Group Circuit	
	09:45 - 10:15	Boxing	
	18:30 - 19:00	Stretch Class	
	19:15 - 19:30	ABS Session	
WOENSDAG	09:00 - 09:30	TRX Training	
	09:30 - 09:45	ABS Session	
	18:30 - 19:00	Small Group Circuit	
	19:15 - 19:45	Booty Work-Out	
DONDERDAG	09:00 - 09:30	Booty Work-Out	
	09:30 - 09:45	ABS Session	
	10:00 - 10:30	Stretch Class	
	18:30 - 18:45	ABS Session	
	19:00 - 19:15	Booty Work-Out	
VRIJDAG	09:00 - 09:30	Kettlebell Training	
	09:45 - 10:15	Small Group Circuit	
	18:30 - 19:00	TRX Training	
ZATERDAG	09:30 - 10:00	Small Group Circuit	
	10:00 - 10:15	ABS Session	
	10:30 - 11:00	Boxing	
ZONDAG	10:30 - 11:00	Small Group Circuit	
	11:00 - 11:15	ABS Session	
	11:30 - 12:00	Booty Work-Out	

TRY-OUT 01-07-2023 tot 31-08-2023

