

# Rooster Groepslessen



|                   | MA                             | DI            | WO            | DO                             | VR            | ZA            | ZO            |
|-------------------|--------------------------------|---------------|---------------|--------------------------------|---------------|---------------|---------------|
| STRENGTH & CARDIO | 18.00 – 18.45<br>18.45 – 19.30 |               |               | 17.15 – 18.00                  | 18.15 – 19.00 | 10.00 – 10.45 |               |
| FIT4MOM           | 19.00 – 20.00                  |               | 20.00 – 21.00 |                                |               |               |               |
| BOKSEN MIX        |                                |               |               | 19.00 – 20.00                  |               | 09.00 – 10.00 |               |
| PILATES           |                                |               | 19.00 – 20.00 |                                |               |               |               |
| BBB               |                                |               |               | 19.00 – 20.00<br>20.00 – 21.00 |               |               | 11.30 – 12.30 |
| BOOTCAMP          |                                |               |               |                                |               | 11.00 – 12.00 |               |
| CORE RESTORE      |                                | 10.15 – 11.30 |               |                                |               |               |               |