

# FFA GROEPSLESROOSTER

PER 21 DECEMBER 2020

ZOOM

OUTDOOR

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
08:00							
08:30		<b>SLANK &amp; FIT</b>		<b>SLANK &amp; FIT</b>			
08:45						<b>ZUMBA</b>	
09:00	<b>POWERWALK</b> Total Body Workout	<b>RUG &amp; FIT</b>	<b>SPINNING</b>	<b>BBB</b>	<b>PILATES</b>		
09:15							
09:30						<b>BOOTCAMP</b>	
09:45	<b>RUG &amp; FIT</b>	<b>YOGA</b>					
10:00			<b>PILATES</b>	<b>POWERWALK+</b>	<b>RUG &amp; FIT</b>	<b>SPINNING</b>	
10:15							
10:30							
10:45							
11:00							
15:30							
16:45	<b>JEUGDFITNESS</b> (8 - 16 jaar)						
17:30	<b>KICK &amp; HIIT</b>		<b>KICK &amp; HIIT</b>				
18:30	<b>WOW</b>	<b>BODY &amp; PUMP</b>			<b>BODY &amp; PUMP</b>		
19:00				<b>RUG WOW</b>			
19:15	<b>SPINNING</b>		<b>HIIT</b>				
19:30		<b>SPINNING</b>			<b>SPINNING</b>		
20:00							
20:15	<b>YOGA</b>		<b>YOGA</b>				
20:30							