

Groepslessen fitness OKTOBER 2024

	Core Training	Circuit Training	Total BodyFit	Benen, Billen, Buik	Spinning
ma 30 sep	09:15-09:30 10:30-10:45				18:30-19:15 19:30-20:15
di 1 okt	09:30-09:45	20:00-20:30			10:30-11:15 18:45-19:30
wo 2 okt		09:00-09:30 09:30-10:00	18:00-19:00		19:15-20:00 xxxxxx
do 3 okt				09:30-10:00	10:30-11:15
vr 4 okt		08:45-09:15 09:15-09:45 09:45-10:15			
ma 7 okt	09:15-09:30 10:30-10:45				18:30-19:15 19:30-20:15
di 8 okt	09:30-09:45	20:00-20:30			10:30-11:15 18:45-19:30
wo 9 okt		09:00-09:30 09:30-10:00	18:00-19:00		19:15-20:00 20:15-21:00
do 10 okt				09:30-10:00	10:30-11:15
vr 11 okt		08:45-09:15 09:15-09:45 09:45-10:15			
ma 14 okt	09:15-09:30 10:30-10:45				18:30-19:15 19:30-20:15
di 15 okt	09:30-09:45	20:00-20:30			10:30-11:15 18:45-19:30
wo 16 okt		09:00-09:30 09:30-10:00	18:00-19:00		xxxxxx xxxxxx
do 17 okt				09:30-10:00	10:30-11:15
vr 18 okt		08:45-09:15 09:15-09:45 09:45-10:15			
ma 21 okt	09:15-09:30 10:30-10:45				18:30-19:15 19:30-20:15
di 22 okt	09:30-09:45	20:00-20:30			10:30-11:15 18:45-19:30
wo 23 okt		09:00-09:30 09:30-10:00	18:00-19:00		19:15-20:00 20:15-21:00
do 24 okt				09:30-10:00	10:30-11:15
vr 25 okt		08:45-09:15 09:15-09:45 09:45-10:15			
ma 28 okt	09:15-09:30 10:30-10:45				18:30-19:15 19:30-20:15
di 29 okt	09:30-09:45	20:00-20:30			10:30-11:15 18:45-19:30
wo 30 okt		09:00-09:30 09:30-10:00	18:00-19:00		19:15-20:00 20:15-21:00
do 31 okt				09:30-10:00	10:30-11:15
vr 1 nov		08:45-09:15 09:15-09:45 09:45-10:15			