

# Lesooster augustus 2020

Fitness in de Praktijk.

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
09:00 - 09:30 Start van de week	09:00 - 09:50 Circuit training	09:00 - 09:50 Circuit training	09:00 - 09:50 Circuit training	09:00 - 09:50 Circuit training	09:00 - 09:50 Body Pump
09:00 - 09:30 Circuit training	10:00 - 10:50 Circuit training	10:00 - 10:50 Yoga	10:00 - 10:50 Power Yoga	10:00 - 10:50 Stoel Yoga	10:15 - 11:15 Yoga
09:30 - 10:00 Dans					
10:00 - 10:30 Circuit training					
10:15 - 11:15 Stoel Yoga					
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13:00 - 14:00 Medisch Fitness	13:00 - 13:50 Circuit training		13:00 - 13:50 Circuit training	13:00 - 14:00 Medisch Fitness	
14:00 - 15:00 Medisch Fitness			14:00 - 15:00 Medisch Fitness		
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19:00 - 19:50 Circuit training					
20:00 - 21:00 Circuit training	19:00 - 19:30 Circuit training	19:00 - 19:50 Circuit training	19:00 - 19:30 Circuit training	19:00 - 19:50 Circuit training	
19:35 - 20:15 Power Yoga	19:30 - 20:30 Body Pump	20:00 - 21:00 Power Yoga	19:30 - 20:30 Body Pump		
20:15 - 21:00 Power Yoga					