

Lesooster september 2020

Fitness in de Praktijk.

| Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag |
|---|--|--|--|--|-----------------------------------|
| 08:30 - 09:00 Start van de week | 09:00 - 09:50 Circuit training | 08:30 - 09:00 Circuit training | 08:30 - 09:20 Circuit training | 09:00 - 09:30 Circuit training | 09:00 - 09:50 Body Pump |
| 09:00 - 09:30 Start van de week | 10:00 - 10:50 Circuit training | 09:00 - 09:30 Circuit training | 09:30 - 10:20 Circuit training | 09:30 - 10:00 Circuit training | 10:15 - 11:15 Yoga |
| 09:00 - 09:30 Circuit training | | 09:30 - 10:20 Yoga | | 10:15 - 11:00 Stoel Yoga | |
| 09:30 - 10:00 Dans | | 10:30 - 11:10 Yoga | | | |
| 10:00 - 10:50 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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| 18:45 - 19:30 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 | |
| 19:30 - 20:15 Circuit training | 19:30 - 20:30 Body Pump | 20:00 - 20:50 Circuit training | 19:30 - 20:30 Body Pump | | |
| 19:30 - 20:15 Power Yoga | | 20:00 - 21:00 Power Yoga | | | |
| 20:15 - 21:00 Circuit training | | | | | |
| 20:15 - 21:00 Power Yoga | | | | | |