

Rooster groepslessen

	Groepsleszaal FCW/ONE		Fitnessruimte ONE		Spinningzaal*** ONE		Budozaal I* FCW		Budozaal II* FCW		Ladies only* FCW	
Ma.	09.00 – 10.00 10.15 – 11.00 18.30 – 19.30 19.00 – 20.00 20.00 – 21.00 21.00 – 22.00	Step & shape BBB Senioren Back to basic* Zumba Bodyshape Bodybalance	18.40 – 18.55 19.30 – 19.45	Core workout Core workout	10.15 – 11.15 18.45 – 19.45 20.00 – 21.00	Spinning Hitcycling Spinning	20.30 – 21.45	Krav Maga****	19.00 – 20.00 20.00 – 21.00	PT training* Kickboxing*		
Di.	09.15 – 10.00 09.30 – 10.30 17.15 – 18.15 18.45 – 19.45 20.00 – 21.00	Hot iron* Pump your body Total body workout Yoga Bodypump LesMills	18.40 – 18.55 19.30 – 19.45	Core workout Core workout	09.30 – 10.30 19.30 – 20.30	Virtual spinning Hitcycling	20.00 – 21.00	Boxing*			19.30 – 20.30	Kickboxing*
Woe.	09.00 – 10.00 19.00 – 20.00 20.15 – 21.00	Bodyshape Mindfull stretchen BBB/circuit	10.00 – 11.00 18.40 – 18.55 19.30 – 19.45	Small group fitness Core workout Core workout	10.15 – 11.15 19.30 – 20.30	Virtual spinning Spinning	17.00 – 18.00 18.30 – 20.00	Kickboxing jeugd* Braziliaanse Jiu Jitsu*	19.00 – 20.00 20.00 – 21.00	PT training* Kickboxing*	19.30 – 20.30	Zumba*
Don.	09.30 – 10.30 19.00 – 20.00 19.00 – 19.45	Fit & shape Bodypump LesMills Back to basic*	18.40 – 18.55 19.30 – 19.45 20.00 – 20.20	Core workout Core workout Core workout*	09.30 – 10.30 10.45 – 11.15 19.00 – 20.00	Virtual spinning Spinning Hitcycling	19.00 – 20.00 20.30 – 21.45	Boxing* Krav Maga****			19.30 – 20.30 20.15 – 21.15	Kickboxing* Total body workout*
Vrij.	09.00 – 10.00 10.00 – 11.00 10.15 – 11.15 18.00 – 19.30 19.30 – 20.30	Pump your body Freestyle core training* Pilates Karate jeugd** Zumba	09.00 – 10.00 16.00 – 17.00 17.00 – 18.00	Small group fitness Jeugd fitness Jeugd fitness	10.30 – 11.30 19.30 – 20.30	Virtual spinning Virtual spinning	17.00 – 18.00 19.30 – 20.30	Kickboxing jeugd* Zaktraining kickboxing*	13.30 – 14.30	PT training*		
Zat.	09.15 – 10.15 10.30 – 11.30 11.30 – 12.30	Bodypump LesMills Yoga Step & shape	11.00 – 11.15	Core workout	09.30 – 10.30	Spinning			10.30 – 11.30 11.30 – 12.30	PT training* Kickboxing conditie*	13.00 – 14.00	Kickboxing*
Zon.	10.00 – 11.00 10.00 – 11.00	Bodypump LesMills Bootcamp*			09.30 – 10.30	Hitcycling						

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* Deze lessen worden gegeven bij Fitness Center Weesp
** Budoshin Dojo
*** Virtual spinning kan op verzoek op elk moment aan gezet worden
**** Defense Monkees