

Maandag

09:00 -10:00 Circuittraining

20:00 -21:00 Bokstraining

Dinsdag

09:00 -10:00 BBB workout

10:00 -11:00 SeniorFit

19:00 -20:00 Circuittraining

Woensdag

09:00 -10:00 Bokstraining

20:00 -21:00 Bokstraining

Donderdag

09:00 -10:00 Calisthenics

10:00 -11:00 SeniorFit

19:00 -20:00 BBB workout

Vrijdag

09:00 -10:00 Circuittraining

Zaterdag

09:00 -10:00 Surprise training

10:30 -11:30 Yoga

Zondag

10:00 -11:00 BBB workout



Fysiotherapie | Fitness