






Groepslessenrooster (outdoor)

| Dinsdag | | Donderdag | | Zaterdag | | Zondag |
|--|---|---|---|--|--------|--------|
| Zuidoost | Ijburg | Zuidoost | Ijburg | Zuidoost | Ijburg | |
| Power Bootcamp | BBB Bootcamp | Boxing Club | HIIT Bootcamp | Pilates & Yoga combi | | |
|  |  |  |  |  | | |
| 18.30 – 19.30 | 18.30 – 19.30 | 19.00 – 20.00 | 18.30 – 19.30 | 10.00 – 11.00 | | |
| Fit & Shape | | Zumba | | HIIT Bootcamp | | |
|  | |  | |  | | |
| 19.30 – 20.30 | | 20.00 – 21.00 | | 11.00 – 12.00 | | |