

# WORK OUT

SPORTS HEALTH SQUASH

## ROOSTER GROEPSLESSEN 2019

### MAANDAG 08.00 - 22.00

09.30 - 10.30 Work-Out 4 All  
19.00 - 19.45 Functional Interval  
19.15 - 20.15 Indoor Cycling  
19.30 - 20.30 Cross Fun  
20.00 - 21.00 Power Yoga

### DINSDAG 07.00 - 22.00

09.30 - 10.30 Flow Yoga  
19.00 - 20.00 Zumba  
19.30 - 20.30 HIIT / Zaktraining  
20.00 - 21.00 Pilates

### WOENSDAG 08.00 - 22.00

09.30 - 10.30 Work-Out 4 All  
19.00 - 20.00 Functional Interval  
19.30 - 20.30 Cross Fun  
19.30 - 20.30 Indoor Cycling  
20.00 - 21.00 Power Pump

### DONDERDAG 08.00 - 22.00

19.00 - 20.00 Zumba  
19.30 - 20.30 HIIT / Zaktraining  
20.00 - 21.00 BBB

### VRIJDAG 07.00 - 22.00

09.30 - 10.30 Work-Out 4 All  
19.15 - 20.15 Hatha Yoga  
19.30 - 20.30 Indoor Cycling

### ZATERDAG 08.00 - 14.00

10.30 - 11.30 H.I.T. Work-Out

### ZONDAG 08.00 - 14.00

10.00 - 11.00 Indoor Bootcamp