



# FITNESS & HEALTH CENTER RIJKERSWOERD



## GROEPSLESROOSTER VANAF 01 SEPTEMBER 2015

		Aerobics		Circuit		Spinning
<b>MAANDAG</b>	09.15-10.15	BBBB/Callanetics	10.30-11.30	Switching 55 +		
	10.15-11.15	Body Balance	12.00-13.00	Switching 55 +		
					19.30-20.15	RPM/Spinning
	19.00-20.00	XCO	19.00-20.00	Body Balance		
	20.00-21.00	Steps	20.00-21.00	Switching		
			21.00-22.00	Switching		
<b>DINSDAG</b>	09.15-10.15	Zumba				
	18.00-19.00	Body Pump	19.00-20.00	Body Balance	19.30-20.15	RPM
	19.30-20.30	BBBB/Callanetics	20.00-21.00	Switching		
	20.30-21.30	Zumba				
<b>WOENSDAG</b>	09.15-10.15	XCO	10.30-11.30	Switching 55 +	09.30-10.15	RPM/Spinning
			15.00-16.00	HipHop 9-11jr		
	19.00-20.00	Steps	16.00-17.00	HipHop 12-16jr	19.30-20.15	Spinning
	20.00-21.00	Body Pump	19.00-20.00	Switching		
			20.00-21.00	Body Balance		
<b>DONDERDAG</b>	19.00-20.00	XCO	20.00-21.00	Switching		
	20.00-21.00	Zumba				
<b>VRIJDAG</b>	09.15-10.15	BBBB/Callanetics			09.30-10.15	RPM/Spinning
			17.30-18.30	Jeugd Fitness		
	19.00-20.00	Body Pump				
	20.00-21.00	Pilates - Combi				
<b>ZONDAG</b>	10.00-11.00	Aerobics/BBBB			09.45-10.30	Spinning

FITNESS & HEALTH CENTER RIJKERSWOERD MOOIEWEG 106 ARNHEM ( 026-3233861

Core training maandag t/m woensdag avond om 20.30 fitnesszaal boven.  
Core training zondag om 11.00 in de grote zaal beneden.