

# GROEPSLESSEN

|       | Maandag      | Dinsdag     | Woensdag    | Donderdag   | Vrijdag            | Zaterdag                 | Zondag      |
|-------|--------------|-------------|-------------|-------------|--------------------|--------------------------|-------------|
| 09.00 | Pump to Fit  | Senior Fit  | Pump        |             | Pump to Fit        |                          |             |
| 09.30 |              |             |             |             |                    |                          | Yoga        |
| 10.00 | XCORE        | Spin to Fit | Pilates     |             | XCORE              | Spin to Fit              | Bootcamp    |
| 10.15 |              |             |             |             |                    |                          |             |
| 11.00 |              |             |             |             |                    |                          | Pump to Fit |
| 17.00 | Kidsbootcamp |             |             |             |                    |                          |             |
| 18.30 |              | Pump to Fit |             | Pump to Fit | Fight to Fit jeugd |                          |             |
| 18:45 |              |             | Yoga        |             |                    |                          |             |
| 19.00 | Spin to Fit  |             | HIIT to Fit |             |                    | Legenda:                 |             |
| 19.30 |              |             |             |             |                    | Buitentent<br>(virtueel) |             |
| 19.30 |              | Thai Bo     |             | Spin to Fit |                    | Online (via zoom)        |             |
| 20.00 | Spin to Fit  |             | Spin to Fit |             |                    | Live                     |             |
| 20.00 |              |             |             |             |                    |                          |             |
| 20:30 |              |             |             |             |                    |                          |             |
|       |              |             |             |             |                    |                          |             |

**Way to Fit is 7 dagen per week geopend**

Maandag t/m vrijdag: 09:00-21:00

Zaterdag en zondag: 09:00-15:00