

# GROEPSLESSSEN

## ROOSTER

Jims Asse

| MAANDAG                                                   | DINSDAG                                          | WOENSDAG                                           | DONDERDAG                                       | VRIJDAG                                           | ZATERDAG                                         | ZONDAG                                 |
|-----------------------------------------------------------|--------------------------------------------------|----------------------------------------------------|-------------------------------------------------|---------------------------------------------------|--------------------------------------------------|----------------------------------------|
| 18:00 - 19:00<br><b>PUMP</b><br>Studio                    | 12:30 - 13:30<br><b>CORE</b><br>Studio           | 18:00 - 19:00<br><b>PILATES</b><br>Studio          | 18:00 - 19:00<br><b>ATTACK</b><br>Studio        | 18:00 - 19:00<br><b>TAF</b><br>Studio             | 10:00 - 11:00<br><b>PILATES</b><br>Studio        | 11:00 - 12:00<br><b>YOGA</b><br>Studio |
| 18:00 - 19:00<br><b>STW</b><br>SGT                        | 18:00 - 19:00<br><b>YOGA</b><br>Studio           | 18:00 - 19:00<br><b>SBD</b><br>SGT                 | 18:30 - 19:30<br><b>TBC</b><br>Functionele zone | 19:30 - 20:30<br><b>CROSS</b><br>Functionele zone | 10:30 - 11:30<br><b>HIIT</b><br>Functionele zone |                                        |
| 18:30 - 19:30<br><b>GO FUNCTIONAL</b><br>Functionele zone | 18:30 - 19:30<br><b>HIIT</b><br>Functionele zone | 19:00 - 20:00<br><b>PUMP</b><br>Studio             | 19:30 - 20:30<br><b>YOGA</b><br>Studio          |                                                   |                                                  |                                        |
| 19:00 - 20:00<br><b>PILATES</b><br>Studio                 | 18:30 - 19:30<br><b>ATTACK</b><br>Studio         | 19:30 - 20:30<br><b>HYBRID</b><br>Functionele zone | 19:00 - 20:00<br><b>STW</b><br>SGT              |                                                   |                                                  |                                        |
|                                                           | 19:30 - 20:30<br><b>SFW</b><br>SGT               |                                                    |                                                 |                                                   |                                                  |                                        |

