



LESROOSTER

MAANDAG

08:30 SENIOR FIT

20:00 FULL BODY TRAINING

DINSDAG

19:00 BBB TRAINING

20:00 HYBRID TRAINING

WOENSDAG

19:00 SENIOR FIT

20:00 FULL BODY TRAINING

DONDERDAG

08:00 HYBRID TRAINING

20:00 FULL BODY TRAINING

VRIJDAG

09:00 SENIOR FIT

14:00 BBB TRAINING

WAY TO GET FIT