

## Rooster volwassenen

Maandag		
08:00	08:45	Pump
08:00	08:45	Bootcamp
08:45	09:30	Pilates
09:00	09:45	Pump
09:00	09:45	Strength & Conditioning
09:15	10:00	Bokszak workout
09:45	10:30	Balance
10:00	10:45	Pilates
10:15	11:00	TRX-circuit
12:30	13:15	Aquafit
18:00	18:45	Pump
18:30	19:15	Bokszak workout
18:45	19:30	Zumba
19:00	19:45	Spinning
19:15	20:00	TRX-circuit
19:30	20:15	Bokszak workout
19:30	20:15	Bootcamp
19:45	20:30	Hatha yoga
20:00	20:45	Shape
20:00	20:45	Strength & Conditioning
20:15	21:00	Dojo Circuit
20:30	21:15	Bokszak workout
20:45	21:30	Yin Yoga
20:45	21:30	Strength & Conditioning

Dinsdag		
08:00	08:45	Bokszak workout
08:15	09:00	TRX-Circuit
08:45	09:30	Shape
08:45	09:30	Hatha yoga
09:00	09:45	Bokszak workout
09:15	10:00	Dojo Circuit
09:45	10:30	Power Yoga
10:00	10:45	50+Fit
10:15	11:00	TRX-Circuit
12:30	13:15	Aquafit
18:00	18:45	Shape
18:15	19:00	CA-Yoga
18:15	19:00	Strength & Conditioning
18:45	19:30	Kickboksen
19:00	19:45	Spinning
19:00	19:45	Strength & Conditioning
19:15	20:00	Yin Yoga
19:45	20:30	Bokszak Workout
19:45	20:30	Strength & Conditioning
20:00	20:45	Sportkarate
20:00	20:45	Pump
20:00	20:45	Bootcamp
20:15	21:00	Pilates
20:45	21:30	Bokszak Workout

Woensdag		
08:00	08:45	Pump
08:15	09:00	Bokszak Workout
08:30	09:15	TRX-Circuit
08:45	09:30	Pilates
09:00	09:45	Pump
09:15	10:00	Bokszak Workout
09:30	10:15	Dojo Circuit
09:45	10:30	Balance
10:00	10:45	Spinning
12:30	13:15	Aquafit
17:45	18:30	Zumba
18:15	19:00	Dojo Circuit
18:15	19:00	Strength & Conditioning
18:15	19:00	Bokszak Workout
18:30	19:15	Pilates
18:45	19:30	Pump
19:00	19:45	Strength & Conditioning
19:15	20:00	Bokszak Workout
19:30	21:00	Karate Wedstrijdtraining
19:30	20:15	Hatha Yoga
19:30	20:15	Bootcamp
19:45	20:30	Aerobics
19:45	20:30	Strength & Conditioning
20:15	21:00	Bokszak Workout
20:30	21:15	Yin Yoga

Donderdag		
08:00	08:45	Bootcamp
08:15	09:00	Dojo Circuit
08:30	09:15	Pilates
08:45	09:30	Hatha yoga
09:00	09:45	Bokszak Workout
09:15	10:00	Strength & Conditioning
09:15	10:00	TRX-Circuit
09:30	10:15	Shape
09:45	10:30	CA yoga
10:00	10:45	Strength & Conditioning
11:00	11:45	Tai Chi
12:30	13:15	Aquafit
17:45	18:30	Spinning
18:15	19:00	Zumba
18:30	19:15	TRX-Circuit
18:45	19:30	Pump
19:00	19:45	Kickboksen
19:15	20:00	CA Yoga
19:30	20:15	Karate traditioneel J+V
19:45	20:30	Spinning
20:00	20:45	Bokszak Workout
20:15	21:00	CA Yoga

Vrijdag		
07:45	08:30	Pump
08:00	08:45	Bokszak Workout
08:15	09:00	Power Yoga
08:30	09:15	Dojo Circuit
08:45	09:30	Pump
09:00	09:45	Bokszak Workout
09:15	10:00	Power Yoga
09:30	10:15	Dojo Circuit
09:45	10:30	Spinning
10:00	10:45	50+Fit
10:15	11:00	Balance
10:30	11:15	TRX-Circuit
18:00	18:45	Strength & Conditioning
18:30	19:15	Bokszak Workout
18:45	19:30	Pump
19:00	19:45	Hatha Yoga
19:30	20:15	Sportkarate
20:30	21:15	Karate wedstrijdtraining
20:30	21:15	Judo

Zaterdag		
08:00	08:45	Circuittraining
08:15	09:00	Pilates
08:45	09:30	Pump
09:00	09:45	Circuittraining
09:15	10:00	Shape
10:00	10:45	Strength & Conditioning
10:00	10:45	Spinning
10:00	10:45	Bootcamp
10:15	11:00	Pilates
11:00	11:45	Strength & Conditioning
11:00	11:45	Zumba
11:15	12:00	CA Yoga
12:15	13:00	CA Yoga
13:00	14:00	Traditioneel karate

Zondag		
08:15	09:00	TRX-Circuit
08:30	09:15	Shape
08:45	09:30	Kickboksen
09:00	09:45	Hatha Yoga
09:15	10:00	TRX-Circuit
09:15	10:00	Strength & Conditioning
09:30	10:15	Pump
09:45	10:30	Bokszak Workout
10:00	10:45	Strength & Conditioning
10:00	10:45	Hatha Yoga
10:15	11:00	TRX-Circuit
10:30	11:15	Spinning
10:45	11:30	Bokszak Workout
11:00	11:45	Zumba
12:00	12:45	Yin Yoga