

# Lesrooster

## GROEPSLESROOSTER

VANAF OKTOBER '18

STARTTIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZA	ZONDAG
9:00	DANCE (1u)	BODY BALANCE (1u)	PILATES (1u)	FATBURN (1u)	BODY BALANCE (1u)		BODYPUMP (1u)
	SPINNING (1u)		SPINNING (1u)		SPINNING (1u)		
10:00	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)		SPINNING (1u)
	UX CROSS (30min)		UX CROSS (30min)		UX CROSS (30min)		BOOTCAMP (1u)
10:15	PILATES (1u)		DANCE (1u)	RELAX YOGA (1u)	TRX (1u)		
	FIT+ (1u)						UX CROSS 11:00 - 11:30
16:30			YOUNG ATHLETES (1u)	KICKBOXEN T/M 15 (1u)			
17:30	GRIT (30min)				GRIT (30min)		
18:00	POWERYOGA (1u)	BODYPUMP (1u)	POWERYOGA (1u)	BODY&MIND (1u)			
19:00	FATBURN (1u)	TRX (1u)	FATBURN (1u)	BODYPUMP (1u)	BODY BALANCE (1u)		
	SPINNING (1u)				SPINNING (1u)		
19:30	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)		
		SPINNING (1u)		BOOTCAMP (1u)			
20:00	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)		
20:15	BOXFIT (1u)	KICKBOXEN 16+ (1u)	GRIT (30min)	BBB (30min) <b>NEW</b>	MOOD&MIND (laatste vr. vd mnd)		
	SPINNING (1u)		SPINNING (1u)	SPINNING (1u)			



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Be there!  
De groepslessen gaan door bij  
minimaal 4 personen.  
Succes!

Openingstijden:  
Ma, t/m Vr. 07:00 - 22:00u  
Za. 10:00 - 15:00u  
Zo. 09:00 - 14:00u