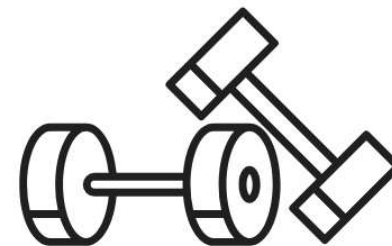




GROEPSLESSEN ROOSTER



1 2 3 4

TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
07.00							
08.00							
09.00	MUSCLE MANIA		MUSCLE MANIA		MUSCLE MANIA	MUSCLE MANIA	BODY UPGRADE
10.00					BBB	POWER CIRCUIT	MUSCLE MANIA
11.15							
12.00							
17.30		POWER CIRCUIT	HIIT				
18.30	BODY UPGRADE	MUSCLE MANIA	BODY UPGRADE	MUSCLE MANIA			
19.30	MUSCLE MANIA	BODY UPGRADE	MUSCLE MANIA	BODY UPGRADE			
20.30							
21.00							