

FIT POWER 24/7

NIJKERK

MAANDAG

09:00 ***CROSS POWER***

19:00 ***CROSS POWER***

19:00 ***PILATES***

19:45 ***BUIKSPIERKWARTIER***

20:00 ***BODYPUMP***

20:00 ***SPINNING***

DINSDAG

10:00 ***SENIOREN-FIT***

19:00 ***FITPOWER***

20:00 ***CROSS POWER***

20:00 ***ZUMBA***

WOENSDAG

09:00 ***BBB-TRAINING***

10:30 ***SWITCH-CIRCUIT***

16:00 ***CROSS JUNIOR***

19:00 ***BODYPUMP***

20:00 ***HIT***

20:00 ***SPINNING***

20:30 ***BUIKSPIERKWARTIER***

DONDERDAG

08:30 ***FUNCTIONAL FIT***

10:00 ***SENIOREN-FIT***

18:30 ***BUIKSPIERKWARTIER***

19:00 ***CROSS POWER***

20:00 ***ZUMBA***

VRIJDAG

09:00 ***SWITCH-CIRCUIT***

19:00 ***CROSS POWER***

ZATERDAG

09:00 ***SPINNING***

10:00 ***BODYPUMP***