

# UURROOSTER

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
07.45 - 08.30 <b>HIIT</b> WEST-SIDE POPERINGE	13.15 - 14.15 <b>SMALL GROUP TRAINING</b>	06.15 - 06.45 <b>SMALL GROUP TRAINING</b>	07.30 - 08.15 <b>HIIT</b> WEST-SIDE POPERINGE	08.30 - 09.30 <b>BODY PUMP</b>	09.45 - 10.45 <b>BODY PUMP</b>	09.30 - 10.30 <b>BODY PUMP</b>
14.00 - 15.00 <b>BODY PUMP</b>	18.00 - 19.00 <b>BODY PUMP</b>	08.45 - 09.45 <b>BODY PUMP</b>	12.00 - 13.00 <b>SMALL GROUP TRAINING</b>	09.30 - 10.00 <b>SKILLBIKE CLASS</b>	11.00 - 11.30 <b>CORE WORKOUT</b>	10.00 - 11.00 <b>BOOTCAMP</b> LANGEMARK
15.00 - 16.00 <b>SMALL GROUP TRAINING</b>	19.00 - 20.00 <b>SKILLBIKE CLASS</b>	10.00 - 11.00 <b>BODY BALANCE</b>	17.00 - 18.00 <b>SMALL GROUP TRAINING</b>	09.45 - 10.45 <b>BODY BALANCE</b>		10.45 - 11.45 <b>BODY STEP</b>
15.10 - 16.10 <b>BODY BALANCE</b>	19.15 - 20.15 <b>BODY STEP</b>	13.00 - 14.00 <b>SMALL GROUP TRAINING</b>	18.45 - 19.45 <b>BODY ATTACK</b>	13.00 - 14.00 <b>SMALL GROUP TRAINING</b>		11.00 - 12.00 <b>SKILLBIKE CLASS</b>
17.45 - 18.45 <b>SMALL GROUP TRAINING</b>	20.15 - 21.15 <b>SKILLBIKE CLASS</b>	18.15 - 19.15 <b>SKILLBIKE CLASS</b>	19.00 - 20.00 <b>SKILLBIKE CLASS</b>	14.00 - 15.00 <b>SMALL GROUP TRAINING</b>		
18.00 - 19.00 <b>BODY PUMP</b>	20.30 - 21.30 <b>BODY BALANCE</b>	18.15 - 19.15 <b>BODY PUMP</b>	19.30 - 20.30 <b>BBB</b> WEST-SIDE POPERINGE	18.30 - 19.30 <b>SH'BAM</b>		
18.15 - 19.15 <b>SKILLBIKE CLASS</b>		18.30 - 19.30 <b>BOOTCAMP</b> Y-MIND FACILITY	19.45 - 20.45 <b>BODY COMBAT</b>	19.30 - 20.30 <b>BODY BALANCE</b>		
19.15 - 20.15 <b>SH'BAM</b>		18.30 - 19.30 <b>BOOTCAMP</b> LANGEMARK	20.15 - 21.15 <b>SKILLBIKE CLASS</b>	20.30 - 21.30 <b>BODY PUMP</b>		
19.30 - 20.30 <b>SKILLBIKE CLASS</b>		19.30 - 20.00 <b>CORE WORKOUT</b>				
19.30 - 20.30 <b>BBB</b> WEST-SIDE POPERINGE		19.30 - 20.30 <b>SKILLBIKE CLASS</b>				
20.30 - 21.30 <b>BODY PUMP</b>		20.00 - 20.30 <b>CORE WORKOUT</b>				