

Rooster Bodyline Oostburg vanaf 1 oktober 2020

Doelgroepen	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
09:00-10:00		Senioren training		Senioren training		
10:00-11:00	Diabeten fitness	GLI				
11:00-12:00	GLI				GLI	
17:00-18:00			Kids Gym	GLI		
18:00-19:00	Vitaliteit fitness	18:30-19:30 BE Events				
19:00-20:00						
20:00-21:00	BE Events					

Vrije fitness en/of circuit	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
09:00-10:00	Vrije fitness / circuit training	Vrije fitness	Vrije fitness	Vrije fitness	Vrije fitness / circuit training	Vrije fitness / circuit training
10:00-11:00	Vrije fitness	Vrije fitness	10:15 - 11:00 Circuit training	Vrije fitness / circuit training	Vrije fitness / circuit training	Vrije fitness / circuit training
11:00-12:00	Vrije fitness	Vrije fitness / circuit training	Vrije fitness / circuit training	Vrije fitness / circuit training	Vrije fitness	Vrije fitness / circuit training
17:00-18:00	Vrije fitness / circuit training	Vrije fitness / circuit training	Vrije fitness	Vrije fitness		
18:00-19:00	Vrije fitness	Vrije fitness	Vrije fitness / circuit training	Vrije fitness / circuit training		
19:00-20:00	Vrije fitness / circuit training	Vrije fitness	Vrije fitness / circuit training	Vrije fitness / circuit training		
20:00-21:00	Vrije fitness	Vrije fitness	Vrije fitness / circuit training	Vrije fitness / circuit training		

Groepslessen "sportcomplex de Eenhoorn"	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
	09:00-10:00 Spinning	10:00-11:00 Hatha Yoga	09:00 - 10:00 BodyPump	19:00 - 20:00 Spinning		
	10:00 - 11:00 Pilates	19:00-20:00 Spinning		19:00 - 20:00 Hatha Yoga		
		20:00-21:00 Spinning		20:15 - 21:15 BodyPump		

Rooster Cadzand (locatie: Hotel de Blanke top)						Zaterdag
						09:30-10:30 Hatha Yoga