

# Lesrooster

# GROEPSLESROOSTER

VANAF JULI '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)		
	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)		
10:15	PILATES (1u)		DANCE (1u)	RELAX YOGA (1u)	TRX (1u)		UX CROSS 11:00 - 11:30
	FIT+ (1u)						
16:30			YOUNG ATHLETES (1u)	KICKBOKSEN T/M 15 (1u)			
18:00	POWERYOGA (1u)	BODYPUMP (1u)	POWERYOGA (1u)	BODY&MIND (1u)			
19:00	FATBURN (1u)	TRX (1u)	FATBURN (1u)	BODYPUMP (1u)	BODY BALANCE (1u)		
19:30	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)		
	SPINNING (1u)	SPINNING (1u)	SPINNING (1u)	SPINNING (1u)			
20:00	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)		
20:15	BOXFIT (1u)	KICKBOKSEN 16+ (1u)	GRIT (30min)		MOOD&MIND (laatste vr. vd mnd)		

It Hege Stik 3  
8445 PZ HEERENVEEN  
(0513) 624928  
info@balans4u.nl | www.balans4u.nl

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

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

**Zomerrooster 2018 21 juli t/m  
2 september!**



# GROEPSLESROOSTER

21 JULI T/M 2 SEPTEMBER

ZOMERROOSTER

STARTTIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZA	ZONDAG
9:00		BODY BALANCE (1u)	PILATES (1u)	FATBURN (1u)			
	SPINNING (1u)		SPINNING (1u)		SPINNING (1u)		
10:00	UX CROSS (30min)		UX CROSS (30min)		UX CROSS (30min)		UX CROSS 11:00 - 11:30
10:15	PILATES (1u)		DANCE (1u)	RELAX YOGA (1u)			
16:30				KICKBOKSEN T/M 15			
18:00		TRX (1u)	POWERYOGA (1u)	BODY&MIND (1u)			
19:00	FATBURN (1u)	BODYPUMP (1u)	FATBURN (1u)	BODYPUMP (1u)	BODY BALANCE (1u)		
19:30	SPINNING (1u)	SPINNING (1u)	SPINNING (1u)	SPINNING (1u)			
	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)	UX CROSS (30min)		
20:00	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)	CORE WORKOUT (15min)		
20:15	BOXFIT (1u)	KICKBOKSEN 16+ (1u)					



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