

lesrooster

14-01-2019 - 20-01-2019

Mobilé Wellness
Reint Dijkemastraat 6
9628 CW Siddeburen
0598 - 430706
info@mobilewellness.nl



maandag 14-01-2019	dinsdag 15-01-2019	woensdag 16-01-2019	donderdag 17-01-2019	vrijdag 18-01-2019	zaterdag 19-01-2019	zondag 20-01-2019
08:30 - 09:15 Virtual Spinning	09:00 - 10:00 Senior Fit	08:30 - 09:15 Senioren Circuit	09:00 - 09:45 Virtual Spinning	08:30 - 09:15 Circuit training	09:00 - 10:00 XL Cross	
08:30 - 09:30 Circuit training	09:00 - 10:00 XL-Cross Starters	09:00 - 10:00 XL Cross	09:00 - 10:00 XL Cross	09:00 - 10:00 Spinning	09:00 - 10:00 Boksen	
09:30 - 10:30 Body Shape	10:15 - 11:00 COPD	09:30 - 10:30 Zumba	10:00 - 11:00 Body Shape	09:00 - 10:00 XL Cross	10:00 - 11:00 Zumba	
10:30 - 11:30 Circuit training	14:15 - 15:15 Circuit training	10:30 - 11:15 Circuit training	14:00 - 15:00 Circuit training	10:15 - 11:00 COPD		
14:15 - 15:15 Circuit training	18:00 - 18:45 Virtual Spinning	13:30 - 15:00 Alie-Fit	19:30 - 20:30 Body Pump	14:00 - 15:00 XL Cross		
18:30 - 19:30 Spinning	19:00 - 20:00 De Deel	17:30 - 18:15 Virtual Spinning	19:30 - 20:30 XL-Cross Starters	18:00 - 18:45 Virtual Spinning		
19:30 - 20:30 Pilates	19:30 - 20:30 Body Shape	18:30 - 18:45 Buikspier kwartier				
19:45 - 20:45 Circuit of XL Cross...		18:45 - 19:45 Spinning				
		19:00 - 20:30 Alie-Fit				
		19:45 - 21:00 Yoga				

 Gezamenlijke tr...

 Groepslessen (Za...

datum van afdruk: 16-01-2019