



KOM
EN BLIJF
IN BEWEGING



1STE KWARTAAL ROOSTER 2020

	9.00-10.00	10.00-11.00	16.00-17.00	17.00-18.00	18.00-19.00	19.00-20.00	20.00-21.00
MAANDAG	8.45 OUTDOOR-WORKOUT		KICKBOKS WORKOUT KIDS			CIRCUIT	SPINNING
	CIRCUIT	ACTIVE POWER				KICK-BOKS WORKOUT	
DINSDAG	ACTIVE BODY-TONING	CIRCUIT				CIRCUIT	ACTIVE POWER
		SPINNING				POWER YOGA	
WOENSDAG	8.45 PILATES (beginners)	CIRCUIT		KINDER-CIRCUIT		CIRCUIT	SPINNING
	WANDEL-WORKOUT	9.45 PILATES (gevorderden)				CARDIO STEPS	
DONDERDAG	ACTIVE FLOW	CIRCUIT	KICKBOKS WORKOUT KIDS	DANSEN KIDS	KICK-BOKS WORKOUT	CIRCUIT	OUTDOOR BOOTCAMP
						PILATES (gevorderden)	SPINNING
VRIJDAG	VARIA	CIRCUIT	CIRCUIT		SPINNING		
		PILATES (beginners)					
ZATERDAG	SPINNING	CIRCUIT					
		ACTIVE POWER					

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