Groepslessen

Opgave voor lessen gebeurt via het klantenportaal.
Letsmove.fitxp.nl

Maandag

09:00-09:45	Let's Steps
09:50-10:35	Let's Pump
10:40-11:25	Let's Balance
17:30-18:15	Reformer Pilates
18:30-19:15	Reformer Pilates
18:30-19:15	Let's BBB/Core
19:20-20:05	Let's Bootcamp
19:20-20:05	Let's Pump
19:30-20:00	Reformer Pilates Zwanger&Mama
20:10-20:55	Let's Spinning
20:15-21:00	Let's Balance (boven)
20:15:21:00	Let's Cardio Kickbox

Dinsdag

09:00-09:45	Let's BBB/Core
09:50-10:35	Let's Keep Fit
17:15-18:00	Let's Keep Fit Circuit
18:30-19:15	Let's Pump
19:20-20:05	Let's Balance
19:30-20:00	Reformer Pilates Zwanger&Mama
20:15-21:00	Reformer Pilates

Woensdag

09:00-09:45	Let's Spinning
09:50-10:35	Let's Pump
18:30-19:15	Let's Pump
19:20-20:05	Let's Spinning
19:20-20:05	Let's Steps
20:10-20:55	Let's Balance
20:15-21:00	Let's FunctionalX

Donderdag

07:40-08:25	Reformer Pilates
09:00-09:45	Let's Cardio Kickbox
09:50-10:35	Let's Pump
09:50-10:35	Let's Keep Fit
10:40-11:25	Let's Balance
17:00-17:45	Let's Keep Fit Circuit
18:30-19:15	Let's Dance
19:20-20:05	Let's Total Body Workout
19:20-20:05	Reformer Pilates
20:15-21:00	Let's Streetdance 18+

Vrijdag

08:30-09:15	Reformer Pilates
09:00-09:45	Let's Pump
09:50-10:35	Let's Dance
10:40-11:10	Let's Zwanger/Mama Circuit
18:30-19:15	Let's BBB/Core
18:30-19:15	Let's Cardio Kickbox
19:20-20:05	Let's Bootcamp
20:10-20:55	Let's FunctionalX (hyrox)

Zaterdag

09:05-09:50	Let's Total Body Workout
09:55-10:40	Let's HIIT met Step
10:45-11:30	Let's BBB/Core

Zondag

10:30-11:15	Let's Pump
11:20-12:00	Let's Cardio Kickbox
12:00-12:45	Reformer Pilates
12:15-13:00	Let's FunctionalX

Let's Move
Fysiotherapie & fitness

Wil je de lessen een keer uitproberen?
Bel ons op 0598-383007
of stuur een berichtje via 06-239 279 36.