



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
18:30-19:15	Let's Core
18:30-19:15	Let's Balance
19:20-20:05	Let's Bootcamp (Buiten)
19:20-20:05	Let's Pump
19:30-20:00	Let's Zwanger & Mama Circuit
20:10-20:55	Let's Spinning
20:15-21:00	Let's Cardio Kickbox

Dinsdag

09:00-09:45	Let's Core
09:50-10:35	Let's Keep Fit
17:15-18:00	Let's Keep Fit
18:30-19:15	Let's Pump
19:20-20:05	Let's Balance
20:15-21:00	Let's Spinning

Woensdag

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

Donderdag

09:00-09:45	Let's Cardio Kickbox
09:50-10:35	Let's Keep Fit Circuit
09:50-10:35	Let's Pump
10:40-11:25	Let's Balance
17:00-17:45	Let's Keep Fit
18:30-19:15	Let's Dance
19:20-20:05	Let's Balance & Zwanger&Mama
19:20-20:05	Let's Pump Workout
20:15-21:00	Let's Streetdance 18+

Vrijdag

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 Cardio Kickbox
19:15-20:00	Let's Bootcamp (Buiten)
20:10-20:55	Let's FunctionalX

Zaterdag

09:05-09:50	Let's Pump Workout
09:55-10:40	Let's HIIT met Step of Let's Steps (wisselt om de week af)
10:40-11:25	Let's BBB

Zondag (even weken)

09:15-09:45	Let's HIIT
09:50-10:35	Let's Pump Workout
10:40-11:10	Let's Core
11:15-12:00	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.