

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
17:00-17:45	Let's FunctionalX
18:30-19:15	Let's Core
18:30-19:15	Let's Dance
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
20:15-21:00	Let's Balance

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
20:10-20:40	Let's HIIT

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
18:20-19:05	Let's Pump Workout
19:10-19:50	Let's Dance
19:45-20:15	Let's Zwanger & Mama Yoga
19:55-20:40	Let's Spinning
20:20-21:05	Let's Streetdance 18+
20:45-21:20	Let's Balance

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

09:40-10:25	Let's BBB
10:30-11:15	Let's Steps Workout
11:25-12:05	Let's Pump Workout

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.