



it's *all-in* sports

aerobics fitness wellness

HITFIT ZOMERROOSTER

14 JUNI T/M 28 AUGUSTUS 2011



Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
Openingstijden* 08:45-11:00 17:00-23:00	Openingstijden* 08:45-11:00 16:45-23:00	Openingstijden* 08:45-11:00 14:45-23:00	Openingstijden* 08:45-11:00 16:45-23:00	Openingstijden* 08:45-11:00 16:30-21:30	Gesloten	Openingstijden* 07:45-12:30
Groepslessen	Groepslessen	Groepslessen	Groepslessen	Groepslessen	Groepslessen	Groepslessen
09:00-09:30 BodyPump	09:00-09:30 Jump Up	09:00-09:30 Bodypump			Gesloten	08:00-08:20 Insanity
09:30-10:00 SH'BAM	09:30-10:00 Bodypump	09:30-10:00 Bodystep	09:30-10:15 Crew Class	09:30-10:15 Biking		08:30-09:15 Biking
10.05-10.35 Burn	10.05-10.35 CX30	10:05-10:35 Jump Up				09:20-09:50 Bodypump
		15:00-15:45 Kleuterpret				09:55-10.40 Aerobic dance
		16:00-17:00 Kidz-dance				10.45-11.15 CX30
	16:55-17:30 BikeXpress		17:00-17:30 Bodypump	16:45-17:45 Kids SH'BAM		11:20-11:50 Bodybalance
17:30-18:00 Bodypump	17:30-18:00 Bodyjam	17:30-18:15 Crew Class	17:30-18:00 Bodybalance	18:00-18:30 SH'BAM		
18:05-18:35 CX30	18:05-18:35 Jump Up	18:20-18:50 Bodypump	18:05-18:35 CX30	18:35-19:05 Jump Up		
18:40-19:10 Bodycombat	18:40-19:10 Bodybalance	18:55-19:25 CX30	18:40-19:25 Biking	19:10-19:40 Bodypump		
19:15-19:45 Bodyattack	19:15-19:45 Bodypump	19:30-20:00 Jump Up	19:30-20:00 SH'BAM	19:45-20:15 CX30		
19:50-20:20 Jump Up	19:50-20:20 CX30	20:05-20:35 Bodycombat	20:05-20:35 Bodyjam	20:20-21:05 Biking		
20:25-20:55 SH'BAM	20:25-20:55 Bodystep	20:40-21:10 Bodyattack	20:40-21:25 Step aerobics			
21:00-21:25 Xfit	21:00-21:25 Xfit	21:10-21:30 Insanity	21:30-22:15 Crew Class			
21:30-22:15 Biking	21:30-22:15 Crew Class	21:30-22:15 Biking				