Groepslesrooster Roermond (Centrum)

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
19:30 - 20:30 CrossPower	**19:00 - 19:30** Core Training	**10:45 - 11:45** Yoga	**18:45 - 19:45** Yoga	**09:00 - 10:00** Bodypump	**09:30 - 10:30** Yoga	
20:00 - 21:00 Balance	**19:30 - 20:30** CrossPower	**16:00 - 17:00** Kids Boxing	**19:30 - 20:30** CrossPower	**10:00 - 11:00** Balance		
21:00 - 22:00 Shadow Boxing	**19:30 - 20:30** Balance	**17:00 - 18:00** Kids Boxing	**20:00 - 21:00** Ladies only Boxing	**16:00 - 17:00** Crosspower Kids		
		19:30 - 20:30 CrossPower		**17:00 - 18:00** Crosspower Kids		
		19:45 - 20:15 HIIT Strenght				
		20:30 - 22:00 Boxing				