

Monday	
09.30 - 10.00	SYNRGY
16.15 - 16.45	SYNRGY
17.15 - 17.45	SYNRGY
18.15 - 18.45	SYNRGY

Monday	
16.45 - 17.15	F-TWO
17.45 - 18.15	F-TWO

Monday	
*18.45 - 20.00	Kick&Punch bootcamp

Teusday	
16.15 - 16.45	SYNRGY
17.15 - 17.45	SYNRGY
18.15 - 18.45	SYNRGY

Teusday	
16.45 - 17.15	F-TWO
17.45 - 18.15	F-TWO

Wednesday	
10.00 - 10.30	SYNRGY
16.15 - 16.45	SYNRGY
17.15 - 17.45	SYNRGY
18.15 - 18.45	SYNRGY

Wednesday	
16.45 - 17.15	F-TWO
17.45 - 18.15	F-TWO

Wednesday	
*18.15-19.30	Kick&Punch bootcamp

Thursday	
16.15 - 16.45	SYNRGY
17.15 - 17.45	SYNRGY
18.15 - 18.45	SYNRGY

Thursday	
16.45 - 17.15	F-TWO
17.45 - 18.15	F-TWO

Friday	
16.15 - 16.45	SYNRGY
17.15 - 17.45	SYNRGY
18.15 - 18.45	SYNRGY

Friday	
16.45 - 17.15	F-TWO
17.45 - 18.15	F-TWO

Saturday	
11.15 - 11.45	SYNRGY
12.15 - 12.45	SYNRGY

Saturday	
13.15 - 13.45	F-TWO

Saturday	
*10.45 - 12.00	Kick&Punch bootcamp

Sunday	
11.15 - 11.45	SYNRGY
12.15 - 12.45	SYNRGY

Sunday	
13.15 - 13.45	F-TWO

* verzamelen bij Zondag Noorderplantsoen