



MOTION 3
boutique gym

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
07.00 HIIT MIX		07.00 STRENGTH	0.700 HIIT MIX	0.700 STRENGTH		
	08.00 HIIT MIX			09.00 YOGA		
09.00 HIIT MIX	09.00 POWER YOGA	09.00 HIIT MIX	09.00 KICKBOX BAGS	09.00 HIIT MIX	09.00 YOGA	9.15 STRENGTH
					10.00 HIIT MIX	10.00 KICKBOX MIX
					11.00 KICKBOX BAGS	10.15 STRENGTH
				16.00 HIIT MIX		
19.00 HIIT MIX	19.00 KICKBOX MIX	19.00 HIIT MIX	19.00 HIIT MIX			
19.30 KICKBOX BAGS	19.30 HIIT MIX	19.45 STRENGTH	19.30 KICKBOX BAGS			
19.30 YOGA		20.30 PILATES	19.30 YOGA			
19.45 STRENGTH						