

MA/MON	DI/TUE	WOE/WED	DO/THU	ZAT/SAT	ZON/SUN
08.45-09.30 Crossgym	09.00-09.45 Total Body		09.00-10.00 BBB	09.00-10.00 BBB	
	09.45-10.30 Pilates		10.00-10.45 55+Fit	11.00-12.00 Crossgym	10.00-11.00 Crossgym
	10.00-10.45 55+Fit				
19.00-20.00 Crossgym	19.00-20.00 Pilates	19.00-20.00 Crossgym	19.00-20.00 Crossgym		
20.00-21.15 Poweryoga	19.00-20.00 Kickboksing	20.00-21.00 Yoga	19.00-20.00 Kickboxing		
	20.00-21.00 Crossgym				

*Crossgym smallgroup | max. 8 deelnemers



MA/MON	FITNESS 08.30-11.30 16.00-21.30	OPEN BOX 09.30-11.30 16.00-19.00 20.00-21.30
DI/TUE	FITNESS 08.30-11.30 16.00-21.30	OPEN BOX 08.30-11.30 16.00-20.00 -
WOE/WED	FITNESS 09.00-11.30 16.00-21.30	OPEN BOX 09.00-11.00 16.00-19.00 -
DO/THU	FITNESS 08.30-11.30 16.00-21.30	OPEN BOX 09.00-11.00 16.00-19.00 20.00-21.30
VRIJ/FRI	FITNESS 09.00-11.30 16.00-20.00	OPEN BOX 09.00-11.30 16.00-20.00
ZAT/SAT	FITNESS 09.00-14.00	OPEN BOX 09.00-11.00 12.00-14.00
ZON/SUN	FITNESS 09.00-14.00	OPEN BOX 09.00-10.00 11.00-14.00

QUENO Sport & Fitness
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Locatie **QUENO**
Sportopleidingen