

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
Xcore			18:30		9:15		
Bodyshape	9:00 19:00		Virtual 19:30				
Club Core		9:00			8:30	9:00	
Body & Mind	20:00			9:00			
Yoga				19:30			
50+ Fitness	10:30		10:00				
Total Body Workout			9:00				
In/ outdoor Workout			19:30				
Corefit	10:00						
Pilates				18:30			9:00
Dance workout							10:00
HIIT	18:45 19:30			18:45 19:30			
Cycle		19:30				10:00	



**Lesrooster Fit Factory Oisterwijk**