

## Groepslessenrooster Fit Factory Oisterwijk

### Maandag

09:00u Bodyshape  
10:00u 50+ Gym

18:45u HiiT  
19:00u Bodyshape  
19:30u HiiT  
20:00u Body & Mind

### Dinsdag

09:00u Core

19:30u Cycle

### Woensdag

09:00u Total Body Workout  
10:00u 50+ Gym

18:30u XCORE  
19:30u In-/outdoor

### Donderdag

09:00u Body & Mind

18:45u HiiT  
19:30u HiiT

### Vrijdag

08:30u Core  
09:15u XCORE

### Zaterdag

09:00u Core  
10:00u Cycle