



Groepslessenrooster Fit Factory Oisterwijk

Maandag

09:00 – 09:45 Body Shape
10:00 – 11:00 50+

18:00 – 18:30 HIIT
18:30 – 19:00 Outdoor Workout
18:45 – 19:15 HIIT
19:00 – 19:45 Latince Dance
19:15 – 19:45 Outdoor Workout
19:30 – 20:00 HIIT
20:00 – 21:00 Body & Mind

Dinsdag

09:00 – 09:30 Core

Woensdag

09:00 – 09:30 Total Body Workout
10:00 – 11:00 50+

18:30 – 19:30 XCORE
19:30 – 20:30 Outdoor Workout

Donderdag

08:30 – 09:00 Full Body Workout
09:00 – 10:00 Power Yoga

19:00 – 20:00 XCORE

Vrijdag

08:30 – 09:00 Core
09:15 – 10:15 XCORE

Zaterdag

09:00 – 09:30 Core
09:00 – 10:00 Cycle (VIRTUAL)
10:00 – 11:00 Cycle

Zondag

09:00 – 10:00 Yoga