

Groepslessen Fit & Fun Deventer

Aan dit rooster kunnen geen rechten worden ontleend en het kan te allen tijde veranderd worden.
Dit rooster gaat in per 15-07-2024

| Zaal 1 Beneden rechterzijde | | | | | | | |
|-----------------------------|-------------|---------|-----------|-------------|---------|-----------|------------|
| Tijd | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| 10.00 | Fit & Shape | BBBB | BBBB | Club Yoga | | XCore | |
| 11.00 | | | | | | Club Yoga | BodyAttack |
| 12.00 | | | | | | | Club Yoga |
| 18.00 | | Steps | | | Steps | | |
| 18.30 | BBBB | | | | | | |
| 19.00 | | BBBB | BBBB | | B-Kick | | |
| 19.30 | XCore | | | Fit & Shape | | | |
| 20.00 | | XCore | B-Kick | | | | |
| 20.30 | BodyCombat | | | | | | |
| 21.00 | | | Club Yoga | | | | |

| Zaal 2 Beneden linkerzijde | | | | | | | |
|----------------------------|------------------------------|-------------------------|------------------------------|------------|-----------------|----------|------------|
| Tijd | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| 10.00 | Fitness Circuit | | | | Fitness Circuit | Spinning | Club Cycle |
| 11.00 | | | | | | | Club Power |
| 18.00 | 18.00/18.30 Grit Strength | | 18.00-18.45 Spinning | | | | |
| 19.00 | Fitness Circuit | BodyCombat | 19.00/19.30 Grit Strength | XCore | | | |
| 19.30 | | | BodyAttack | | | | |
| 19.45 | | | | Sprint | | | |
| 20.00 | Club Power | 20.00-20.30 Sprint | | | | | |
| 20.30 | | 20.45-21.45 Yin Yoga | | Club Power | | | |

| Cardio Zaal Synergy Circuit Core Stability | | | | | | | |
|--|---------|---------|-------------------------------|-----------|----------------|----------|--------|
| Tijd | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| 09.15 – 09.45 | | Synergy | | | | | |
| 09.15 – 10.00 | | | | | Core Stability | | |
| 16.00 – 17.00 | | | (vanaf 10 jr) Jeugdfitness | | | | |
| 19.15 – 19.45 | Synergy | Synergy | | | | | |
| 20.00 – 20.30 | | | Synergy | | | | |

| Dojo | | | | | | | |
|-------|-----------------------------------|---------|--------------------------|-----------------------------|--------------------------|----------|--------|
| Tijd | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | Zaterdag | Zondag |
| 18.00 | | | | (8-15 jr) Kickboksen | | | |
| 19.00 | Bokszaktraining | | MMA (alle niveaus) | Kickboksen (met sparren) | 19.00/20.30 Grappling | | |
| 20.00 | 20.00/21.30 BJJ (alle niveaus) | | 20.00/21.30 Grappling | MMA (alle niveaus) | | | |

Openingstijden fitnesszalen: ma en wo 07.00-22.00u / di, do en vrij 08.00 – 22.00u / za en zo 09.00 – 15.00u
Sportcentrum Fit & Fun, Tapijtstraat 3, Deventer, tel: 0570 – 627297
www.fit-fun.nl - <https://www.facebook.com/SportcentrumFitFunDeventer> - insta sportcentrumfitfun