

Small group schedule

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
7.00 - 8.00	7.00 - 7.30 HIIT					
8.00 - 9.00		Strength & Condition	Bodyweight workout		8.15 - 8.45 HIIT	
9.00 - 10.00					Strength & Condition	Strength & Condition
10.00 - 11.00						Bodyweight workout
17.00 - 18.00			Strength & Condition			
18.00 - 19.00	Bodyweight workout	Strength & Condition		18.15 - 18,45 HIIT		
19.00 - 20.00	Strength & Condition	19.15 - 19.45 HIIT		Crosstraining		
20.00 - 21.00		Crosstraining	Strength & Condition			