

# SMC AMBY

## Groepslesrooster Juni 2021

### MAANDAG *open: 08:00-22:00*

09:00-09:50	Total Body Experience ( Sandra )	
09:30-10:20	SMC Circuit (trainer 2)	
10:00-10:50	55+ fit (sandra )	
11:00-11:50	Classic Pilates ( Christina )	

18:30-19:30	SMC Circuit ( Stito )	
18:00-18:50	ZUMBA ( Sanne)	

19:00-19:50	Indoor Cycling ( Charley )	
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### DINSDAG *open: 08:00-22:00*

09:00-10:00	Yoga ( Sandra )	
10:00-10:50	Low Fit ( Sandra )	
18:30-19:30	Total Body Experience ( Melissa )	
19:00-19:50	SMC Circuit ( Tim )	
19:45-20:35	Cardio Boxing ( Johan )	

### WOENSDAG *open: 08:00-22:00*

09:00-09:50	Indoor Cycling ( Sandra )	
10:00-10:50	Low Fit Fibromyalgie ( Sandra )	
11:00-11:50	SMC Circuit ( Stito )	
19:00-19:50	SMC Circuit ( Ryan )	
19:00-19:50	Indoor Cycling ( Charley )	
20:00-20:50	Body Pump ( Svetlana )	

### DONDERDAG *open: 08:00-22:00*

09:00-09:50	Smc Circuit ( Ron )	
11.15-12.15	55+ Fit ( Sandra )	

18:30-19:20	Classic Pilates ( Christina )	
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### VRIJDAG *open: 08:00-21:00*

09:30-10:30	Total Body / pilates Combi ( Sandra )	
14:00-14:50	SMC Circuit ( Freya/Ron )	
18:30-19:20	SMC Cross (Freya )	

### ZATERDAG *open: 09:00-13:00*

09:00-09:50	Indoor Cycling ( Eric )	
10:00-10:50	Total Body Experience (Inge)	
10:00-10:00	SMC Circuit ( Jana )	

### ZONDAG *open: 09:00-13:00*

09:30-10:20	SMC Cross ( Freya )	
09:30-10:30	Indoor Cycling ( Charley )	

kracht    cardio    ritme    balans    core stability