

SMC AMBY

Groepslesrooster Januari 2022

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) | |

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|-------------|-----------------------|--|
| 18:30-19:30 | SMC Circuit (Stito) | |
| 18:15-19:10 | ZUMBA (Sanne) | |

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|-------------|----------------------------|--|
| 19:15-20:05 | Indoor Cycling (Charley) | |
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DINSDAG *open: 08:00-22:00*

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| 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*

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|-------------|---------------------------------|--|
| 09:00-09:50 | Indoor Cycling (Sandra) | |
| 10:00-10:50 | Low Fit Fibromyalgie (Sandra) | |
| 11:00-11:50 | SMC Circuit (Stito) | |

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|-------------|----------------------------|--|
| 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*

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

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|-------------|-------------------------------|--|
| 18:30-19:20 | Classic Pilates (Christina) | |
| 19:45-20:45 | HITT Training (Jana) | |

VRIJDAG *open: 08:00-21:00*

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|-------------|---------------------------------------|--|
| 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*

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|-------------|------------------------------|--|
| 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*

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

kracht

cardio

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balans

core stability