

PROGRAMMA GROEPSLESSEN EN CLINICS

Njoy Fitness Wassenaar

Zaterdag 16 maart:

**08:30-09:30 PUMP
09:30-10:00 PUMP CLINIC
10:00-11:00 SPINNING
11:00-11:30 SPINNING CLINIC
11:30-12:00 YOGA CLINIC
12:00-12:30 PILATES CLINIC**

Zondag 17 maart:

**08:30-09:30 SPINNING
09:30-10:00 SPINNING CLINIC
10:00-11:00 ZUMBA TONING CLINIC
11:00-11:30 FITBOXING CLINIC
11:30-12:00 TOTAL BODY WORKOUT CLINIC
12:00-12:30 BBB CLINIC**

Njoy Fitness Den Haag

Zaterdag 16 maart:

**08:45-09:45 BODYBALANCE
10:00-11:00 BODYPUMP
10:00-10:30 KETTLEBELL TRAINING CLINIC
11:00-12:00 KICK FUN
11:00-12:00 SPINNING MET VIRTUELE RIT
12:00-13:00 ZUMBA
12:00-12:30 CARDIO BOKSEN CLINIC (OP INSCHRIJVING)
13:15-14:15 IK VAL NIET AF! WAT NU CLINIC (OP INSCHRIJVING)
13:00-14:00 SALSA CLINIC (OP INSCHRIJVING, ALLEEN DUO'S)
14:00-14:30 KETTLEBELL TRAINING CLINIC**

Zondag 17 maart:

**09:45-10:45 BODYPUMP
10:00-11:00 RPM MET VIRTUELE RIT
10:00-10:15 BUIKSPIERKWARTIER
11:00-12:00 BODYBALANCE
11:00-11:30 REKKEN EN STREKKEN CLINIC
12:00-13:00 XCORE**

Njoy Fitness Noordwijk

Zaterdag 16 maart:

**09:00-09:30 SMALL GROUP TRAINING CLINIC
10:00-10:30 SMALL GROUP TRAINING CLINIC
11:00-11:30 SMALL GROUP TRAINING CLINIC
12:00-12:30 SMALL GROUP TRAINING CLINIC**

Zondag 17 maart:

**09:00-09:30 SMALL GROUP TRAINING CLINIC
10:00-10:30 SMALL GROUP TRAINING CLINIC
11:00-11:30 SMALL GROUP TRAINING CLINIC
12:00-12:30 SMALL GROUP TRAINING CLINIC**

