

# LADIES WEEKEND

## ZATERDAG OPEN DAG

09:00 - 10:00

BodyPump | Studio 1  
Roy

09:00 - 10:00

RPM | Studio 2  
Louise

09:00 - 10:00

365 Shape | HITT Zone  
Kimani

10:15 - 10:30

BSK | HITT Box  
Kimani

10:15 - 11:15

BodyCombat | Studio 1  
Roy

10:15 - 11:15

Kickboxing | Studio 3  
Danny