

2023

AUGUSTUS

ma	di	wo	do	vr	za	zo
31	1	2 19u HIIT: Ward 19u30 30' Core: Ward 20u FT: Ward	3 19u boks: Nicholas 20u pilates: Nina	4	5 9u30 Full Body: Ward	6
7 19u30 Circuit: Seb	8	9 19u HIIT: Ward 19u30 30' Core: Ward 20u FT: Ward	10 19u boks: Nicholas 20u Dance Workout: Pauline	11	12 9u30 Full Body: Ward	13
14 19u30 Circuit: Ward	15 Feestdag!	16 19u HIIT: Ward 19u30 30' Core: Ward 20u FT: Ward	17 19u boks: Nicholas 20u Dance Workout: Pauline	18	19 9u30 Full Body: Ward	20
21 19u30 Circuit: Seb	22	23 19u HIIT: Ward 19u30 30' Core: Ward 20u FT: Ward	24 19u boks: Nicholas 20u Dance Workout: Pauline	25	26 9u30 Full Body: Ward	27
28 19u30 Circuit: Ward	29	30 19u HIIT: Ward 19u30 30' Core: Ward 20u FT: Ward	31 19u boks: Nicholas 20u pilates: Nina	1	2	3
4	5	6	7	8	9	10