



# GROEPSLESROOSTER / Roermond

Reserveer uw plek nu in de il fiore app of aan de balie.  
Dit rooster kan afwijken op feestdagen en in vakanties.

| Maandag                               | Dinsdag                             | Woensdag                                    | Donderdag                           | Vrijdag                                  | Zaterdag | Zondag                                     |
|---------------------------------------|-------------------------------------|---------------------------------------------|-------------------------------------|------------------------------------------|----------|--------------------------------------------|
|                                       |                                     |                                             |                                     |                                          |          | <b>09:45 - 11:00</b><br>Heavy Bag Training |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
| <b>20:15 - 21:15</b><br>Shadow Boxing | <b>19:00 - 20:00</b><br>Cross Power | <b>16:00 - 17:00</b><br>Kids Fun and Boxing | <b>19:00 - 20:00</b><br>Cross Power | <b>16:00 - 17:00</b><br>Kids Cross Power |          |                                            |
|                                       | <b>20:00 - 21:00</b><br>Cross Power | <b>19:00 - 20:00</b><br>Cross Power         | <b>20:00 - 21:00</b><br>Cross Power | <b>19:00 - 20:00</b><br>Cross Power      |          |                                            |
|                                       |                                     |                                             |                                     |                                          |          |                                            |
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|                                       |                                     |                                             |                                     |                                          |          |                                            |