

JELLY JAM FIT

LESROOSTER-VOLWASSENEN

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zondag
07.00-08.00	Total Workout Willy			Total Workout Willy		
09.00-10.00	Yin-Yang Yoga Willy			Yin-Yang Yoga Willy		
09.30-10.30		Bodyshape Efke			Dancefusion Willy	Total workout Willy
11.00-12.00		Seniordance Efke				
18.15-19.00	After Workout Willy					
19.00-20.00	Dance Dance Willy (sporthal)					
20.00-21.00				Bootcamp Ken (sporthal)		
20.15-21.15			Dance Dance Willy			
21.00-22.00				Yin Yoga Willy		

