

TOGETHER IN MOTION FYSIOTHERAPIE / FITNESS DE LIER WESTLAND					
Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
08.30 - 09.15 SMALL GROUP 09.00 - 10.00 PILATES 11.00 - 12.00 SMALL GROUP 14.00 - 15.00 PILATES 16.30 - 17.00 CORE 17.15 - 18.00 SMALL GROUP 20.00 - 20.15 CORE	09.00 - 10.00 SMALL GROUP 19.00 - 20.00 SMALL GROUP 19.00 - 20.00 CROSSBOXING 20.00 - 21.00 SMALL GROUP	09.00 - 10.00 SMALL GROUP 09.00 - 10.00 PILATES 11.00 - 12.00 SMALL GROUP 14.00 - 15.00 SMALL GROUP 19.00 - 20.00 PILATES 20.00 - 21.00 SMALL GROUP	08.15 - 08.45 SMALL GROUP 14.00 - 15.00 PILATES 19.00 - 21.15 ZWANGERFIT 20.00 - 21.00 HITT	09.00 - 10.00 SMALL GROUP 19.00 - 20.00 SMALL GROUP 20.45 - 21.00 CORE	09.30 - 10.30 SMALL GROUP 11.30 - 11.45 CORE