

# ROOSTER Club Multifit Tilburg

Gymclass | Boxing Studio | Group Cycle Studio

## MAANDAG

09:00 - 10:00	BBB	Gymclass
10:00 - 11:00	YOGA®	Gymclass
11:00 - 12:00 €	COPD	Fitness
14:00 - 15:00	Vitaal+	Fitness
16:00 - 18:00	Inloopspreekuur fysiotherapie	Fysio
16:00 - 17:00	Junior Active 6-11 jaar	Fitness
17:00 - 18:00	Junior Active 12-15 jaar	Fitness
19:00 - 20:00	BBB	Gymclass
19:00 - 20:00	(Kick)Boxing HIIT 60	Boxing Studio
19:00 - 20:00 ■	Group Cycle RPM	Group Cycle Studio
20:00 - 21:00	XCORE	Gymclass
20:00 - 21:00	POWER®	Boxing Studio
20:30 - 21:30	Fit Class	Fitness

## DINSDAG

09:00 - 10:00	Zumba	Gymclass
10:00 - 11:00 ■	Group Cycle RPM	Group Cycle Studio
18:00 - 18:45	Boxing Bagtraining Junior	Boxing Studio
19:00 - 20:00	XCORE	Gymclass
19:00 - 19:45	(Kick)Boxing Bagtraining 45	Boxing Studio
20:00 - 21:00	Zumba	Gymclass
20:00 - 21:00	HIIT	Boxing Studio
20:00 - 21:00 ■	Group Cycle RPM	Group Cycle Studio
20:30 - 21:30	Fit Class	Fitness

## WOENSDAG

09:00 - 10:00	XCORE	Gymclass
09:00 - 10:00	BBB	Boxing Studio
09:45 - 10:45	(Kick)Boxing HIIT 60	FunXtion Studio
10:00 - 11:00	POWER®	Boxing Studio
14:00 - 15:00	Vitaal+	Fitness
16:00 - 17:00	Junior Active 6-11 jaar	Fitness
16:00 - 18:00	Inloopspreekuur fysiotherapie	Fysio
17:00 - 17:45	Boxing Bagtraining Junior	Boxing Studio
19:00 - 20:00	BBB	Gymclass
19:00 - 19:45 N	(Kick)Boxing HIIT 45	Boxing Studio
19:00 - 20:00 ■	Group Cycle RPM	Group Cycle Studio
20:00 - 21:00	YOGA®	Gymclass
20:00 - 21:00	Steps	Boxing Studio
20:00 - 21:00	(Kick)Boxing HIIT 60	FunXtion Studio

## DONDERDAG

09:00 - 10:00	BBB Core	Gymclass
10:00 - 11:00 ■	Group Cycle RPM	Group Cycle Studio
11:00 - 12:00 €	COPD	Fitness
19:00 - 20:00	XCORE	Gymclass
19:00 - 20:00	POWER®	BoXing Studio
20:00 - 21:00	BBB Booty	Gymclass
20:00 - 20:45	Streetdance 18+	Boxing Studio
20:00 - 21:00	Fit Class	Fitness
20:00 - 21:00 ■	Group Cycle RPM	Group Cycle Studio

## VRIJDAG

09:00 - 10:00	XCORE	Gymclass
10:00 - 10:45 ■	Group Cycle Studio	Group Cycle Studio
14:00 - 15:00	Vitaal+	Fitness
16:00 - 17:00	Junior Active 6-11 jaar	Fitness
17:00 - 18:00	Junior Active 12-15 jaar	Fitness
19:00 - 20:00	XCORE	Gymclass
20:00 - 21:00	HIIT	Boxing Studio
20:00 - 21:00 ■	Group Cycle Studio	Group Cycle Studio

## ZATERDAG

09:00 - 10:00	XCORE	Gymclass
09:00 - 10:00	HI'BBB	Boxing Studio
10:00 - 11:00	YOGA®	Gymclass
10:00 - 11:00	POWER®	Boxing Studio

## ZONDAG

09:15 - 10:00	(Kick)Boxing Bagtraining 45	Boxing Studio
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N NIEUW    € Extra toeslag    ■ Op reservering

www.multifit.nl | T.: (013) 571 63 50 | Update: oktober 2018

**multifit**  
WHAT'S YOUR STORY?