



LOCKDOWN LESROOSTER OUTDOOR

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07:00 – 08:00							
07:30 – 08:30							
08:00 – 09:00							
08:30 – 09:30							
09:00 – 10:00		Strength & Conditioning (Kick)boksen		Strength & Conditioning	Strength & Conditioning		(Kick)boksen
09:30 – 10:30		Total Body Workout					
10:00 – 11:00			Hiit Training	Strength & Conditioning		(Kick)boksen	Hiit Training
10:30 – 11:30							
11:00 – 12:00	Hiit Training	Hiit Training		Hiit Training	Hiit Training Billen, Benen, Buik en Conditie	Hiit Training (11:15)	
11:30 – 12:30			(Kick)boksen				
12:00 – 13:00							
12:30 – 13:30							
13:00 – 14:00							
13:30 – 14:30							
14:00 – 15:00							
14:30 – 15:30							
15:00 – 16:00							



LOCKDOWN LESROOSTER OUTDOOR

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
15:30 – 16:30							
16:00 – 17:00	Strength & Conditioning	Hiit Training					
16:30 – 17:30							
17:00 – 18:00							
17:30 – 18:30							
18:00 – 19:00	Hiit Training			(Kick)boksen			
18:30 – 19:30			(Kick)boksen				
19:00 – 20:00	Strength & Conditioning	(Kick)boksen		Hiit Training			
19:30 – 20:30							
20:00 – 21:00	Strength & Conditioning	Strength & Conditioning		Strength & Conditioning			
20:30 – 21:30							
21:00 – 22:00							