

Lesrooster Binck

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
	<i>Lessen</i>	<i>Lessen</i>	<i>Lessen</i>	<i>Lessen</i>	<i>Lessen</i>	<i>Lessen</i>	
9:15		TRX		TRX			Dicht
10:15		HeavyBag		Camp kickboxing		BodyBoxx Boxing/ kickboxing	
11:15	Parkison Boxing				Parkison Boxing	HeavyBag	
12:15						CQFS selfdefense	
13:30			Kids 4/8				
15:00							
17:00	Junior 8/15		CQFS KIDS				
18:00							
18:15	TRX	Camp kickboxing	Pilates	TRX	CQFS selfdefense		
19:15	HeavyBag	BodyBoxx Boxing/ kickboxing	HeavyBag /Fitness en core	HeavyBag	Camp kickboxing		
20:15	CQFS selfdefense		Camp kickboxing		HeavyBag		
21:30							