CAMPING ISOLINO FITNESS PROGRAMMA

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG
8.30		NORDIC WALKING		NORDIC WALKING
9.30	STRETCHING	STRETCHING	STRETCHING	STRETCHING
10.00	WANDELEN		WANDELEN	
10.30	SPINNING	SPINNING	SPINNING	SPINNING
11.00	BELLY KILLER	BBB	BELLY KILLER	BBB
13.15		WATER NORDIC WALKING		WATER NORDIC WALKING
15.30	AQUA GYM	AQUA ZUMBA	AQUA GYM	AQUA ZUMBA
16.30	ZUMBA	AEROBICS	ZUMBA	AEROBICS

	VRIJDAG	ZATERDAG	ZONDAG
8.30		NORDIC WALKING	
9.30	STRETCHING	STRETCHING	STRETCHING
10.00	WANDELEN		WANDELEN
10.30	SPINNING	SPINNING	SPINNING
11.00	BELLY KILLER	BBB	BELLY KILLER
13.15		AQUA NORDIC WALKING	
15.30	AQUA GYM	AQUA ZUMBA	AQUA GYM
16.30	ZUMBA	AEROBICS	ZUMBA