

LIVESTREAM ROOSTER | 4 t/m 19 januari 2021

Week 1

	MA 04-01	DI 05-01	WO 06-01	DO 07-01	VR 08-01	ZA 09-01	ZO 10-01
09:00	BODYBALANCE Nicolette	BODYPUMP Gerda	BODYBALANCE Nicolette	BODYPUMP Hilde	BODYBALANCE Yfke		
09:45	XCORE Endo		XCORE Nicolette		YOGA Hilde	BODYPUMP Gerda	BODYBALANCE Nicolette
10:30			YOGA Hilde		PILATES Yfke		BODYPUMP Endo
11:15							XCORE Endo
18:30		BODYPUMP Endo		BODYPUMP Gerda			
19:15	BODYPUMP Endo	XCORE Endo	BODYPUMP Ells	YOGA Yfke			
20:00	SH'BAM Endo	BODYBALANCE Nicolette		XCORE Chantal			

Week 2

	MA 11-01	DI 12-01	WO 13-01	DO 14-01	VR 15-01	ZA 16-01	ZO 17-01
09:00	BODYBALANCE Yfke	BODYPUMP Gerda	BODYBALANCE Nicolette	BODYPUMP Hilde	BODYBALANCE Yfke		BODYATTACK Zoë
09:45	PILATES Yfke		XCORE Nicolette		YOGA Hilde	BODYPUMP Gerda	BODYPUMP Endo
10:30	XCORE Endo		YOGA Hilde		PILATES Yfke		BODYBALANCE Nicolette
11:15							XCORE Endo
18:30	BODYPUMP Gerda	BODYPUMP Endo		BODYPUMP Ellis			
19:15	PILATES Yfke	XCORE Nicolette	BODYPUMP Ilona	YOGA Yfke			
20:00	SH'BAM Ilona	BODYBALANCE Nicolette	BODYCOMBAT Chantal	XCORE Endo			

Week 3

	MA 18-01	DI 19-01					
09:00	BODYBALANCE Yfke	BODYPUMP Eric					
09:45	PILATES Yfke						
10:30	XCORE Endo						
11:15							
18:30	BODYPUMP Ellis	BODYPUMP Gerda					
19:15	PILATES Yfke	XCORE Endo					
20:00	SH'BAM Ilona	BODYBALANCE Nicolette					

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#Sjabbensthuistrainen



We streamen dagelijks meerdere 30 minuten durende live lessen van jouw favoriete Sjabbens instructeurs via: www.youtube.com/SjabbensSports/Live