

PLEASE NOTE: 22-28 June is the last week of the online classes.

DAY	TIME	CLASS
MONDAY	19.45-20.30h	<u>BBB workout</u>
TUESDAY	17.00-18.00h	<u>TAI CHI</u>
WEDNESDAY	19.00-19.45h	<u>INTERVAL Training</u>
	20.00-20.30h	<u>ABS WORKOUT</u>
THURSDAY	8.00-9.00h	<u>TAI CHI</u>
FRIDAY	15.45-17.00h	<u>YOGA</u>
SUNDAY	9.00-10.00h	<u>ZUMBA</u>

CLICK ON THE
NAME OF THE
CLASS TO JOIN

GROUP LESSONS SCHEDULE

ONLINE WORKOUTS

18 MAY - 28 JUNE 2020

SPORTS CENTRE
UNIVERSITY OF TWENTE.