

# Lesrooster Sportschool Bokito Camp

| Maandag                                                          | Dinsdag                                                         | Woensdag                                                      | Donderdag                                                   | Vrijdag                                                    | Zaterdag                                                       |
|------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------|
| BBB, Buik, Billen, Benen Vrouwen<br>09:00-10:00<br>Milton Dorder | Krachtraining/Core Vrouwen<br>09:00-10:00<br>Milton Dorder      | Full Body Workout/BBB vrouwen<br>09:00-10:00<br>Milton Dorder | Krachtraining/Core Vrouwen<br>09:00-10:00<br>Milton Dorder  | Booty les Vrouwen<br>09:00-10:00<br>Anolia                 |                                                                |
| Afvallen vrouwen W.P.D.<br>10:00-11:00<br>Milton Dorder          | Bootcamp Zaktraining M/V<br>10:00-11:00<br>Milton Dorder        | Afvallen vrouwen W.P.D.<br>10:00-11:00<br>Milton Dorder       | Zaktraining/Buikspieren M/V<br>10:00-11:00<br>Milton Dorder | Ladies Dance Fitness Workout<br>10:00-11:00<br>Anolia      | Zaktraining weekend pakket m/v<br>10:00-11:00<br>Milton Dorder |
| Mannen M.P.D. Training<br>11:00-12:00<br>Milton Dorder           | 600 Squats 600 Lunges 1000 Buik<br>11:00-12:00<br>Milton Dorder | Mannen M.P.D. Training<br>11:00-12:00<br>Milton Dorder        | Mannen M.P.D. Training<br>11:00-12:00<br>Milton Dorder      | Krachtraining benen Mannen<br>11:00-12:00<br>Milton Dorder | BBB/Fullbody Workout Vrouwen<br>11:00-12:00<br>Milton Dorder   |
|                                                                  |                                                                 |                                                               |                                                             |                                                            | Mannen M.P.D. Training<br>12:00-13:00<br>Milton Dorder         |
|                                                                  | Kids kickboxing J/M 5-10 jaar<br>16:00-17:00                    |                                                               | Kids kickboxing J/M 5-10 jaar<br>16:00-17:00                |                                                            |                                                                |
| Full Body Workout Vrouwen<br>17:00-18:00<br>Milton Dorder        | Kids Kickboxing J/M 11-16 jaar<br>17:00-18:00                   | Afvallen vrouwen/BBB<br>17:00-18:00<br>Milton Dorder          | Kids Kickboxing J/M 11-16 jaar<br>17:00-18:00               |                                                            |                                                                |
|                                                                  | Eigen Visie Training<br>17:00-18:00<br>Milton Dorder            |                                                               | Eigen Visie Training<br>17:00-18:00<br>Milton Dorder        |                                                            |                                                                |
| Mannen M.P.D. Training<br>18:00-19:00<br>Milton Dorder           | Zaktraining / Buikspieren<br>18:00-19:00<br>Milton Dorder       | Mannen M.P.D. Training<br>18:00-19:00<br>Milton Dorder        | Bootcamp Zaktraining M/V<br>18:00-19:00<br>Milton Dorder    |                                                            |                                                                |
| Ladies Dance Fitness Workout<br>18:30-19:30<br>Anolia            |                                                                 | Ladies Dance Fitness Workout<br>18:30-19:30<br>Anolia         |                                                             |                                                            |                                                                |
| BBB, Buik, Billen, Benen Vrouwen<br>19:00-20:00<br>Milton Dorder | Bootcamp 1 uur non stop M/V<br>19:00-20:00<br>Milton Dorder     | BBB Krachtraining vrouwen<br>19:00-20:00<br>Milton Dorder     | Bootcamp 1 uur non stop M/V<br>19:00-20:00<br>Milton Dorder |                                                            |                                                                |



## No Pain No Game No Mercy

Openingstijden dagelijks van 09:00-21:00, zondag gesloten

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