# LESROOSTER

**PERIODE**
**APRIL 2026**

| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|---|---|---|---|---|---|
| **09:15 - 10:00**<br>CIRCUIT TRAINING<br>TOTAL BODY | | **09:15 - 10:00**<br>CIRCUIT TRAINING<br>TOTAL BODY | | **09:15 - 10:00**<br>CIRCUIT TRAINING<br>TOTAL BODY | **09:15 - 10:00**<br>BOKS FIT | |
| | | **10:15 - 11:00**<br>VITALITY<br>LOW INTENSITY | | | **10:00 - 11:00**<br>CIRCUIT TRAINING<br>TOTAL BODY | |
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| **18:45 - 19:00**<br>BUIKSPIERKWARTIER | | **18:45 - 19:00**<br>BUIKSPIERKWARTIER | | **18:45 - 19:00**<br>BUIKSPIERKWARTIER | | |
| **19:00 - 20:00**<br>PUMP<br>TOTAL BODY | **19:00 - 19:45**<br>BOKS FIT | **19:00 - 19:45**<br>LATIN DANCE FITNESS | **19:00 - 19:45**<br>HYBRID CIRCUIT<br>CARDIO & KRACHT | | | |
| **20:00 - 21:00**<br>PUMP<br>TOTAL BODY | **20:00 - 20:45**<br>LATIN DANCE FITNESS | **20:00 - 21:00**<br>BOKS FIT | **20:00 - 21:00**<br>PILATES | | | |

ANYTIME FITNESS
## NUNSPEET

ANYTIME FITNESS