LESROOSTER

PERIODE
DECEMBER 2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:15 - 10:00 CIRCUIT TRAINING TOTAL BODY		**09:15 - 10:00** CIRCUIT TRAINING TOTAL BODY		**09:15 - 10:00** CIRCUIT TRAINING TOTAL BODY	**09:15 - 10:00** BOKS FIT	
10:15 - 11:00 VITALITY LOW INTENSITY		**10:15 - 11:00** VITALITY LOW INTENSITY		**10:15 - 11:15** POWERYOGA	**10:00 - 11:00** CIRCUIT TRAINING TOTAL BODY	
18:45 - 19:00 BUIKSPIERKWARTIER	**18:30 - 19:30** PILATES	**18:30 - 19:30** PILATES		**18:45 - 19:00** BUIKSPIERKWARTIER		
19:00 - 20:00 PUMP TOTAL BODY	**19:30 - 20:15** BOKS FIT	**19:30 - 20:15** LATIN DANCE	**19:00 - 20:00** PILATES			
20:00 - 21:00 PUMP TOTAL BODY	**20:15 - 21:00** LATIN DANCE FITNESS	**20:15 - 21:00** BOKS FIT	**20:00 - 20:45** HYBRID CIRCUIT CARDIO & KRACHT			

ANYTIME FITNESS

NUNSPEET

ANYTIME FITNESS