

LESROOSTER

PERIODE
OKTOBER 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			10:00 - 11:00 CIRCUIT TRAINING TOTAL BODY	
18:45 - 19:00 BUIKSPIERKWARTIER	18:45 - 19:00 BUIKSPIERKWARTIER	18:30 - 19:30 PILATES		18:45 - 19:00 BUIKSPIERKWARTIER		
19:00 - 20:00 PUMP TOTAL BODY	19:00 - 19:45 BOKS FIT	19:30 - 20:15 LATIN DANCE WOMEN ONLY	19:00 - 20:00 PILATES			
20:00 - 21:00 PUMP TOTAL BODY	20:00 - 20:45 LATIN DANCE FITNESS WOMEN ONLY	20:15 - 21:00 BOKS FIT	20:00 - 20:45 HYBRID CIRCUIT CARDIO & KRACHT			

ANYTIME FITNESS

NUNSPEET

