

LESROOSTER

PERIODE
2024

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
08:30 - 09:00 FUNCTIONELE TRAINING	09:00 - 09:45 BBBB	08:30 - 09:15 FUNCTIONELE TRAINING	09:00 - 09:45 FIT 55+	09:00 - 09:45 FUNCTIONELE TRAINING	09:30 - 10:15 FUNCTIONELE TRAINING	09:30 - 10:30 SPINNING
09:00 - 09:15 BUIKSPIERKWARTIER	09:45 - 10:45 PILATES	11:00 - 11:45 MEDISCHE FITNESS	10:00 - 11:00 BODYBALANCE	09:45 - 10:00 BUIKSPIERKWARTIER	11:15 - 12:00 ZUMBA	
09:15 - 10:15 BODYPUMP				10:00 - 11:00 YOGA STRETCH & RELAX		
	18:45 - 19:30 KICKBOKS TECHNIEK TRAINING	18:45 - 19:45 BODYPUMP	19:00 - 19:45 BOKSZAK TRAINING	11:00 - 11:45 MEDISCHE FITNESS		
	18:45 - 19:30 SPINNING	19:45 - 20:30 ZUMBA				
18:45 - 19:30 XCO	20:00 - 21:00 BODYBALANCE					
19:30 - 20:30 BODYPUMP						

ANYTIME FITNESS

VARSEVELD

