

LESROOSTER

PERIODE
GROEPSLESROOSTER 2025

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 09:45 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
09:45 - 10:00 BUIKSPIERKWARTIER	09:45 - 10:45 PILATES	10:00 - 10:30 FUNCT. TRAINING PRIKKELVRIJ	10:00 - 11:00 BODYBALANCE	09:45 - 10:00 BUIKSPIERKWARTIER	11:15 - 12:15 ZUMBA	
09:45 - 10:45 BODYPUMP VIRTUEEL				10:00 - 11:00 YOGA STRETCH & RELAX		
			18:30 - 19:00 PRE BOKS TRAINING	11:00 - 11:30 FUNCT. TRAINING PRIKKELVRIJ		
		18:45 - 19:45 BODYPUMP	19:00 - 19:45 BOKSZAK TRAINING			
18:45 - 19:30 XCO	18:45 - 19:30 SPINNING	19:00 - 20:00 HYFIT (HYROX)		18:30 - 19:30 PILATES TRY-OUT PER 5 SEPT		
19:00 - 20:00 HYFIT (HYROX)	20:00 - 21:00 BODYBALANCE					
19:30 - 20:30 COMBI PUMP/BOOTY						

ANYTIME FITNESS

VARSEVELD

