

# LESROOSTER

PERIODE  
2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
08:45 - 09:30 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 VIRTUEEL MEI T/M OKT
09:30 - 09:45 BUIKSPIERKWARTIER	09:45 - 10:45 PILATES		10:00 - 11:00 BODYBALANCE	09:45 - 10:00 BUIKSPIERKWARTIER	10:30 - 11:30 ZUMBA	
				10:00 - 11:00 YOGA STRETCH & RELAX		
				11:00 - 11:30 FUNCT. TRAINING PRIKKELVRIJ		
		18:45 - 19:45 BODYPUMP (VIRTUEEL)	19:00 - 19:45 BOKSZAK TRAINING			
18:45 - 19:30 XCO	18:45 - 19:30 SPINNING	19:00 - 20:00 HYFIT (HYROX)		18:30 - 19:15 PILATES		
19:00 - 20:00 HYFIT (HYROX)	20:00 - 21:00 BODYBALANCE			19:30 - 20:30 KB TECHNIEK TRAINING		
19:30 - 20:30 COMBI PUMP/BOOTY						

ANYTIME FITNESS

VARSEVELD

