

# LESROOSTER

PERIODE  
APRIL 2024

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:45 - 10:15 FUNCTIONELE TRAINING	09:15 - 09:45 FUNCTIONELE TRAINING	07:00 - 07:30 FUNCTIONELE TRAINING	09:45 - 10:15 FUNCTIONELE TRAINING	10:45 - 11:15 FUNCTIONELE TRAINING	10:00 - 10:30 FUNCTIONELE TRAINING	10:00 - 10:30 FUNCTIONELE TRAINING
10:15 - 10:30 BUIKSPIERSESSIE	09:45 - 10:00 BUIKSPIERSESSIE	08:45 - 09:15 HAPPY FIT 65+	10:15 - 10:30 BUIKSPIERSESSIE	11:15 - 11:45 BUIKSPIERSESSIE	10:30 - 10:45 BUIKSPIERSESSIE	10:30 - 10:45 BUIKSPIERSESSIE
		10:15 - 10:45 FUNCTIONELE TRAINING	10:45 - 11:15 BBB			
		10:45 - 11:00 BUIKSPIERSESSIE				
19:45 - 20:15 FUNCTIONELE TRAINING	19:45 - 20:15 BBB	20:00 - 20:30 BBB	19:45 - 20:15 FUNCTIONELE TRAINING			
20:15 - 20:30 BUIKSPIERSESSIE	20:15 - 20:45 BUIKSPIERSESSIE	20:30 - 20:45 BUIKSPIERSESSIE	20:15 - 20:30 BUIKSPIERSESSIE			

ANYTIME FITNESS

ELSLOO



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PERIODE  
APRIL 2024

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 09:45 SPINNING	10:00 - 11:00 YOGA	08:45 - 09:15 HAPPY FIT 65 +	09:30 - 10:30 YOGA	09:30 - 10:30 PILATES	08:45 - 09:45 TOTAL WORKOUT	09:30 - 10:15 SPINNING
09:30 - 10:30 YOGA	18:30 - 19:30 PILATES	18:30 - 19:00 GRIT	19:00 - 20:00 BODY PUMP		09:30 - 10:15 SPINNING	09:30 - 10:30 BODY PUMP
18:30 - 19:00 GRIT	19:30 - 20:15 SPINNING	19:00 - 20:00 BODY COMBAT	19:00 - 19:45 SPINNING		10:00 - 11:00 BODY ATTACK	10:30 - 11:30 BODY BALANCE
19:00 - 20:00 BODY COMBAT	19:30 - 20:30 YOGA	19:30 - 20:15 SPINNING	20:00 - 21:00 BODY BALANCE			
19:30 - 20:15 SPINNING		20:00 - 21:00 ZUMBA				
20:00 - 20:45 TONE						
20:45 - 21:45 BODY PUMP						

ANYTIME FITNESS

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