

# LESROOSTER

PERIODE  
2026 Q3

MAANDAG

DINSDAG

WOENSDAG

DONDERDAG

VRIJDAG

ZATERDAG

ZONDAG

## GROEPSLES STUDIO (2E ETAGE)

09:00 - 10:00 <b>FITBOXING</b>	09:00 - 9:30 <b>CORE STABILITY</b>	09:00 - 09:45 <b>HAPPY FIT 65+</b>	09:00 - 10:00 <b>BARBELL BEATS</b>	09:00 - 10:00 <b>FITBOXING</b>	10:00 - 11:00 <b>TOTAL FIT</b>	9:00 - 10:00 <b>BODYPUMP (TIJDELIJK VIRTUEEL)</b>
10:00 - 11:00 <b>YOGA Yin / Vinyasa</b>	9:30 - 10:00 <b>HIIT</b>	19:00 - 20:00 <b>BODYPUMP</b>	10:00 - 11:00 <b>YOGA</b>	10:00 - 11:00 <b>PILATES</b>		10:00 - 11:00 <b>BODY BALANCE</b>
18:00 - 19:00 <b>BODYPUMP</b>	10:00 - 11:00 <b>YOGA</b>	20:00 - 21:00 <b>ZUMBA</b>	18:00 - 19:00 <b>FITBOXING</b>			
19:00 - 19:45 <b>TONE</b>	18:00 - 19:00 <b>PILATES</b>		19:00 - 20:00 <b>BODY COMBAT</b>			
20:00 - 21:00 <b>ZUMBA</b>	19:00 - 20:00 <b>YOGA</b>		20:00 - 21:00 <b>BODY BALANCE</b>			

## SPINNING STUDIO (2E ETAGE)

09:00 - 10:00 <b>SPINNING</b>	07:00 - 08:00 <b>SPINNING</b>	19:00 - 20:00 <b>SPINNING</b>	19:00 - 20:00 <b>SPINNING</b>	09:00 - 10:00 <b>SPINNING</b>	09:30 - 10:30 <b>SPINNING</b>	09:30 - 10:30 <b>SPINNING</b>
19:00 - 20:00 <b>SPINNING</b>	19:00 - 20:00 <b>SPINNING</b>					

## FUNCTIONAL TRAINING ZONE (1E ETAGE)

10:15 - 11:15 <b>FUNCTIONAL &amp; BUIK</b>	20:00 - 21:00 <b>FUNCTIONAL &amp; BUIK</b>	07:00 - 08:00 <b>FUNCTIONAL &amp; BUIK</b>	10:15 - 11:15 <b>FUNCTIONAL &amp; BUIK</b>	10:00 - 11:00 <b>FUNCTIONAL &amp; BUIK</b>	10:00 - 11:00 <b>FUNCTIONAL &amp; BUIK</b>	10:00 - 11:00 <b>FUNCTIONAL &amp; BUIK</b>
19:00 - 20:00 <b>FUNCTIONAL &amp; BUIK</b>		10:00 - 11:00 <b>FUNCTIONAL &amp; BUIK</b>	20:00 - 21:00 <b>FUNCTIONAL &amp; BUIK</b>			
		20:00 - 21:00 <b>BBB CIRCUIT</b>				