

LESROOSTER

PERIODE
DECEMBER 2025

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 10:00 SPINNING	10:00 - 11:00 YOGA	08:45 - 09:15 HAPPY FIT 65 +	09:30 - 10:30 YOGA	09:30 - 10:30 PILATES	09:30 - 10:15 SPINNING	09:30 - 10:15 SPINNING
09:30 - 10:30 YOGA		10:15 - 10:45 FUNCTIONELE TRAINING	09:45 - 10:15 FUNCTIONELE TRAINING	10:45 - 11:15 FUNCTIONELE TRAINING	10:00 - 11:00 TOTAL FIT	09:30 - 10:30 BODYPUMP
09:45 - 10:15 FUNCTIONELE TRAINING		10:45 - 11:00 BUIKSPIERSESSIE	10:15 - 10:30 BUIKSPIERSESSIE	11:15 - 11:30 BUIKSPIERSESSIE	10:00 - 10:30 FUNCTIONELE TRAINING	10:30 - 11:30 BODYBALANCE
10:15 - 10:30 BUIKSPIERSESSIE			11:00 - 11:30 BBB			10:00 - 10:30 FUNCTIONELE TRAINING
19:00 - 20:00 BODYCOMBAT	18:30 - 19:30 PILATES					10:30 - 10:45 BUIKSPIERSESSIE
19:30 - 20:15 SPINNING	19:30 - 20:15 SPINNING	19:30 - 20:15 SPINNING	19:00 - 19:45 SPINNING			
19:45 - 20:15 FUNCTIONELE TRAINING	19:30 - 20:30 YOGA	20:00 - 21:00 ZUMBA	19:45 - 20:15 FUNCTIONELE TRAINING			
20:00 - 20:45 TONE	19:45 - 20:15 BBB	20:00 - 20:30 BBB	20:00 - 21:00 BODYBALANCE			
20:45 - 21:45 BODYPUMP	20:15 - 20:30 BUIKSPIERSESSIE	20:30 - 20:45 BUIKSPIERSESSIE	20:15 - 20:30 BUIKSPIERSESSIE			