

# LESROOSTER

PERIODE  
VANAF OKTOBER

| MAANDAG                                             | DINSDAG                        | WOENSDAG                      | DONDERDAG                      | VRIJDAG                   | ZATERDAG                  | ZONDAG                        |
|-----------------------------------------------------|--------------------------------|-------------------------------|--------------------------------|---------------------------|---------------------------|-------------------------------|
| 09:00 - 09:45<br>SPINNING VIRTUEEL<br>GROTE LESZAAL | 08:45 - 09:30<br>SPINNING      | 09:00 - 09:45<br>SPINNING     | 09:00 - 10:00<br>HATHA YOGA    | 08:00 - 09:00<br>PILATES  | 08:00 - 09:00<br>YIN YOGA | 09:30 - 10:30<br>MINDFUL YOGA |
| 10:00 - 10:15<br>ABS & GLUTES<br>FUNCTIONELE VLOER  | 09:45 - 10:10<br>ABS & GLUTES  | 10:00 - 11:00<br>BODYPUMP     |                                | 09:00 - 09:45<br>SPINNING | 09:00 - 09:45<br>SPINNING | 10:30 - 11:30<br>VIRTUELE LES |
|                                                     | 10:20 - 11:20<br>YIN YANG YOGA | 11:15 - 12:15<br>VIRTUELE LES |                                | 10:00 - 11:00<br>BODYPUMP | 10:00 - 11:00<br>BODYPUMP |                               |
| 17:15 - 18:15<br>VIRTUELE LES                       | 11:30 - 12:30<br>STOEL YOGA    |                               |                                |                           | 11:30 - 12:30<br>HIIT-IT  |                               |
| 18:30 - 19:15<br>SPINNING                           |                                |                               | 17:30 - 18:00<br>HIIT TRAINING |                           |                           |                               |
| 18:30 - 19:30<br>BODYPUMP                           | 18:00 - 18:30<br>VIRTUELE LES  |                               | 18:00 - 18:25<br>ABS & GLUTES  |                           |                           |                               |
| 19:45 - 20:45<br>POWERYOGA                          | 18:45 - 19:45<br>BODYPUMP      |                               | 18:30 - 19:30<br>BODYPUMP      |                           |                           |                               |
| 20:00 - 21:00<br>FIT & STRONG<br>OUTDOOR            | 19:00 - 19:45<br>SPINNING      | 18:30 - 19:30<br>BODYPUMP     | 19:00 - 20:30<br>SPINNING XL   |                           |                           |                               |
| 21:00 - 22:00<br>YIN YOGA                           | 20:00 - 21:00<br>YOGA          | 20:00 - 21:00<br>BOKSFIT      | 20:00 - 21:00<br>XTREME DANCE  |                           |                           |                               |

ANYTIME FITNESS

MAARHEEZE

