

LESROOSTER

PERIODE
OKTOBER 2026

MAANDAG	DINSdag	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
		09:00 - 10:00 BBB BODYSHAPE STUDIO		09:00 - 09:45 JUMPING FITNESS STUDIO		
10:00 - 10:45 FIT-FUN H.I.I.T. 45+ FUNCTION ZONE		10:15 - 11:00 FIT-FUN H.I.I.T. 45+ FUNCTION ZONE		10:00 - 10:15 CORE KWARTIERTJE STUDIO	09:30 - 10:30 BOKSFIT STUDIO	
				10:30 - 11:15 FIT-FUN H.I.I.T. 45+ FUNCTION ZONE		11:00 - 12:00 YOGA STUDIO
			13:00 - 14:15 FYSIO-FITNESS FUNCTION ZONE			
13:00 - 14:15 FYSIO FITNESS FUNCTION ZONE						
18:30 - 19:00 FIT-FUN H.I.I.T. IN/OUTDOOR	18:45 - 19:30 BODYSHAPE STUDIO		19:00 - 20:00 ZUMBA STUDIO			
19:15 - 20:15 ZUMBA STUDIO	19:30 - 20:15 STEPS STUDIO	19:00 - 19:45 FIT CHALLENGE IN/OUTDOOR	19:00 - 19:45 BOOTCAMP OUTDOOR (INDOOR)			
20:15 - 21:15 POWER PUMP STUDIO		20:00 - 20:50 BODYSHAPE-TONING STUDIO	20:00 - 21:00 PILATES STUDIO			

ANYTIME FITNESS

GROESBEEK

