

LESROOSTER

PERIODE
AUGUSTUS 2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:15 - 09:30 BUIKSPIERKWARTIER FUNCTION ZONE	09:30 - 10:30 POWER PUMP STUDIO	09:15 - 09:30 BUIKSPIERKWARTIER FUNCTION ZONE		09:15 - 09:30 BUIKSPIERKWARTIER FUNCTION ZONE		
				09:30 - 10:15 FIT FUN SENIOR 50+ FUNCTION ZONE	09:30 - 10:15 BOOTCAMP OUTDOOR	09:30 - 10:30 YOGA STUDIO
10:00 - 10:45 FIT FUN SENIOR 50+ FUNCTION ZONE		10:00 - 10:45 FIT FUN B.B.B. STUDIO	10:00 - 10:45 FIT FUN SENIOR 50+ FUNCTION ZONE	10:20 - 11:05 FIT FUN SENIOR 50+ FUNCTION ZONE	10:15 - 11:00 ZUMBA GOLD STUDIO	10:30 - 11:15 DANCE TONING ONEVEN WEKEN
						10:30 - 11:15 FIESTA DANCE LIFT EVEN WEKEN
						11:30 - 12:30 BOKSFIT STUDIO
18:45 - 19:30 B.B.B. BODYSHAPE STUDIO		18:15 - 19:15 POWER PUMP STUDIO	18:15 - 18:45 FIT FUN H.I.I.T FUNCTION ZONE			
19:30 - 20:15 PUSH TOGETHER H.I.I.T STUDIO	19:00 - 20:00 ZUMBA STUDIO	19:15 - 20:00 STEPS STUDIO	19:00 - 20:00 POUND FIT & ZUMBA STUDIO			
	20:00 - 21:00 B.B.B. BODYSHAPE STUDIO	20:00 - 21:00 BODYSHAPE STUDIO	20:00 - 21:00 POWER YOGA STUDIO			

ANYTIME FITNESS

MILLINGEN

