

# LESROOSTER

PERIODE  
2024

MAANDAG

DINSDAG

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DONDERDAG

VRIJDAG

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|--|--|--|---|--|--|---|
|  | 08.00 - 08.45<br><b>LES MILLS RPM VIRTUAL</b>      |  |   | 09.00 - 09.45<br><b>LES MILLS CORE</b>           |  | 8:45 - 09.30<br><b>LES MILLS CORE</b>                 |
| 09.00 - 09.45<br><b>LES MILLS BODYPUMP VIRTUAL</b> | 09.00 - 09.45<br><b>LES MILLS BODYPUMP VIRTUAL</b> | 09.00 - 09.45<br><b>LIVE</b><br>CIRCUIT TRAINING | 09.00 - 09.45<br><b>LES MILLS BODYBALANCE VIRTUAL</b> | 09.45 - 10.15<br><b>LES MILLS SH'BAM VIRTUAL</b> | 09.00 - 09.45<br><b>LES MILLS BODYPUMP VIRTUAL</b> | 9.30 - 10.30<br><b>LES MILLS RPM VIRTUAL</b>          |
| 10.00 - 10.30<br><b>PILATES</b>                    | 10.30 - 11.15<br><b>PILATES</b>                    | 10.30 - 11.15<br><b>LES MILLS SH'BAM VIRTUAL</b> | 10.30 - 11.15<br><b>PILATES</b>                       | 10:15 - 11.00<br><b>LIVE</b><br>CIRCUIT TRAINING | 10.00 - 10.45<br><b>LIVE</b><br>CIRCUIT TRAINING   | 10.30 - 11.15<br><b>LES MILLS BODYPUMP VIRTUAL</b>    |
|  |  |  |   |  | 11.00 - 11.45<br><b>PILATES</b>                    | 11.15 - 12.00<br><b>PILATES</b>                       |
| 19.15 - 20.00<br><b>LIVE</b><br>CIRCUIT TRAINING   | 19.15 - 20.00<br><b>LES MILLS BODYPUMP VIRTUAL</b> | 19.30 - 20.15<br><b>LIVE</b><br>CIRCUIT TRAINING |   | 16:00 - 16.45<br><b>PILATES</b>                  |  | 12.00 - 12.45<br><b>LES MILLS BODYBALANCE VIRTUAL</b> |
| 20.00 - 20.45<br><b>LIVE</b><br>CIRCUIT TRAINING   | 20.00 - 20.45<br><b>LES MILLS RPM VIRTUAL</b>      |  | 20.00 - 20.45<br><b>LES MILLS BODYBALANCE VIRTUAL</b> | 19:30 - 20:15<br><b>LES MILLS SH'BAM VIRTUAL</b> |  |   |
|  |  |  | 20.45 - 21.30<br><b>LES MILLS RPM VIRTUAL</b>         |  |  |   |

ANYTIME FITNESS

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