

LESROOSTER

PERIODE
2024

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DONDERDAG

VRIJDAG

ZATERDAG

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|--|--|--|---|--|--|---|
| | 08.00 - 08.45 LES MILLS RPM VIRTUAL | | | 09.00 - 09.45 LES MILLS CORE | | 8:45 - 09.30 LES MILLS CORE |
| 09.00 - 09.45 LES MILLS BODYPUMP VIRTUAL | 09.00 - 09.45 LES MILLS BODYPUMP VIRTUAL | 09.00 - 10.00 LIVE CIRCUIT TRAINING | 09.00 - 09.45 LES MILLS BODYBALANCE VIRTUAL | 09.45 - 10.15 LES MILLS SH'BAM VIRTUAL | 09.00 - 09.45 LES MILLS BODYPUMP VIRTUAL | 9.30 - 10.30 LES MILLS RPM VIRTUAL |
| 10.00 - 10,45 PILATES | 10.00 - 10,45 PILATES | 10.30 - 11.15 LES MILLS SH'BAM VIRTUAL | 10.30 - 11.15 PILATES | 10:15 - 11.15 LIVE CIRCUIT TRAINING | 10.00 - 11.00 LIVE CIRCUIT TRAINING | 10.30 - 11.15 LES MILLS BODYPUMP VIRTUAL |
| | | | | | 11.00 - 11.45 PILATES | 11.15 - 12.00 PILATES |
| 19.15 - 20.15 LIVE CIRCUIT TRAINING | 19.00 - 19,45 LES MILLS BODYPUMP VIRTUAL | 19.30 - 20.30 LIVE CIRCUIT TRAINING | | 16:00 - 16.45 PILATES | | 12.00 - 12.45 LES MILLS BODYBALANCE VIRTUAL |
| | 20.00 - 20.45 LES MILLS RPM VIRTUAL | | 20.00 - 20.45 LES MILLS BODYBALANCE VIRTUAL | 19:30 - 20:15 LES MILLS SH'BAM VIRTUAL | | |
| | | | 20.45 - 21.30 LES MILLS RPM VIRTUAL | | | |

ANYTIME FITNESS

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