

LESROOSTER

PERIODE
2025

MAANDAG

DINSDAG

WOENSDAG

DONDERDAG

VRIJDAG

ZATERDAG

ZONDAG

						08.30 - 09.30  VIRTUAL
09.00 - 09.45 PUMP VIRTUAL	09.00 - 09.45 PUMP VIRTUAL	09.00 - 10.00 LIVE CIRCUIT TRAINING			08.45 - 09.45 PUMP VIRTUAL	09.30 - 10.30  VIRTUAL
10.00 - 10.45  VIRTUAL PILATES	10.00 - 10.45  VIRTUAL PILATES		10.30 - 11.15  VIRTUAL PILATES	10.15 - 11.15 LIVE CIRCUIT TRAINING	10.00 - 11.00 LIVE CIRCUIT TRAINING	
					11.00 - 11.45  VIRTUAL PILATES	11.15 - 12.00  VIRTUAL PILATES
19.15 - 20.15 LIVE CIRCUIT TRAINING	18.45 - 19.45 PUMP VIRTUAL	19.30 - 20.30 LIVE CIRCUIT TRAINING	18.45 - 19.45 PUMP VIRTUAL	16.00 - 16.45  VIRTUAL PILATES		
	20.00 - 20.45  VIRTUAL		20.00 - 20.45  VIRTUAL PILATES			

ANYTIME FITNESS

EDE

