

LESROOSTER

PERIODE
FEBRUARI 2025

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
		08:30 - 09:15 POWER BODY		08:30 - 09:15 POWER BODY		
09:00 - 09:45 SPIN TO THE MUSIC		09:30 - 10:15 INDOOR CYCLING	09:15 - 10:00 SPIN TO THE MUSIC	09:45 - 10:30 SPIN TO THE MUSIC	09:00 - 10:00 INDOOR CYCLING	09:00 - 09:45 INDOOR CYCLING
10:15 - 10:30 15 MIN ABS	10:00 - 10:45 SENIOR FIT			11:00 - 11:45 SENIOR FIT	10:30 - 11:30 PILATES	10:00 - 10:45 BODY FIT
10:30 - 10:45 MOBILITY / SWISS BALL						
11:00 - 12:00 YOGA						
18:15 - 19:00 INDOOR CYCLING	18:30 - 19:00 CIRCUIT TRAINING	18:30 - 19:15 INDOOR CYCLING	18:30 - 19:30 YOGA			
19:15 - 20:00 POWER BODY		19:30 - 20:00 CIRCUIT TRAINING				

ANYTIME FITNESS

MAASTRICHT SINT PIETER

