

# LESROOSTER

PERIODE  
2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
08:15 - 08:45 HIIT	08:15 - 08:45 BOOTCAMP	08:30 - 09:15 POWER BODY	08:15 - 09:00 BOKSFIT	08:30 - 09:15 POWER BODY		
09:15 - 10:00 SPIN TO THE MUSIC	09:00 - 09:45 HIIT	09:30 - 10:15 INDOOR CYCLING	09:30 - 10:15 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 - 10:45 ABS/CORE	10:00 - 10:45 CIRCUIT			11:00 - 11:45 CIRCUIT	10:30 - 11:15 PILATES	10:00 - 10:45 BODY FIT
11:00 - 12:00 YOGA		11:00 - 12:00 PILATES				
18:15 - 19:00 BOOTCAMP	18:45 - 19:15 HYROX	18:30 - 19:15 INDOOR CYCLING	18:30 - 19:30 YOGA			
19:15 - 20:00 POWER BODY		19:30 - 20:00 HYROX				
20:15 - 21:00 BOKSFIT						

ANYTIME FITNESS

# MAASTRICHT SINT PIETER

