

LESROOSTER

PERIODE
SEPTEMBER 2026

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	09:00 - 09:45 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 - 10:30 CIRCUIT			11:00 - 11:30 CIRCUIT	10:30 - 11:30 PILATES	10:00 - 10:45 BODY FIT
11:00 - 12:00 YOGA		10:30 - 11:30 PILATES				
	18:45 - 19:15 HYROX	18:30 - 19:15 INDOOR CYCLING				
19:15 - 20:00 POWER BODY		19:30 - 20:00 HYROX				

