



# LESROOSTER

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07:00 – 08:00	Small Group Training						
07:30 – 08:30							
08:00 – 09:00			Strength & Conditioning	Small Group Training		Small Group Training	
08:30 – 09:30							
09:00 – 10:00	Small Group Training	Small Group Training – BBB Strength & Conditioning (Kick)boksen / Zaktraining	'Medisch' Small Group Training (Kick)boksen / Zaktraining Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning Bootcamp	(Kick)boksen / Zaktraining
09:30 – 10:30					(Kick)boksen / Zaktraining		
10:00 – 11:00	Strength & Conditioning		Interval Training HiIT	Strength & Conditioning	'Medisch' Small Group Training Strength & Conditioning	(Kick)boksen / Zaktraining Strength & Conditioning	Interval Training HiIT
10:30 – 11:30							
11:00 – 12:00	Interval Training HiIT	Flex & Conditioning		Small Group Training	Billen, Benen, Buik & Conditie	Interval Training HiIT	Ouder-Kindboksen Strength & Conditioning
11:30 – 12:30							
12:00 – 13:00		Small Group Training				Weightlifting (om de week)	
12:30 – 13:30							
13:00 – 14:00							
13:30 – 14:30							
14:00 – 15:00							
14:30 – 15:30							



# LESROOSTER

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
15:00 - 16:00							
15:30 - 16:30							
16:00 - 17:00	Weightlifting	Strength & Conditioning	'Medisch' Small Group Training Strength & Conditioning	Strength & Conditioning	'After Work' out		
16:30 - 17:30							
17:00 - 18:00							
17:30 - 18:30							
18:00 - 19:00	Fit & Go	Strength & Conditioning	Strength & Conditioning	(Kick)boksen / Zaktraining Small Group Training			
18:30 - 19:30	(Kick)boksen / Zaktraining		(Kick)boksen / Zaktraining				
19:00 - 20:00	Strength & Conditioning Small Group Training	(Kick)boksen / Zaktraining		Fit & GO (Kick)boksen / Zaktraining			
19:30 - 20:30	(Kick)boksen / Zaktraining						
20:00 - 21:00	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning			
20:30 - 21:30							
21:00 - 22:00							



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	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07:00 – 08:00							
07:30 – 08:30							
08:00 – 09:00	Spinning		Bodypump	55+ / Immunity Boost	Spinning	Spinning Step 2	
08:30 – 09:30					CORE (8:30-9:00)	CORE	
09:00 – 10:00	Bodybalance Spinning Step 1 & Shape	55+ / Immunity Boost Spinning Total Body Workout	Spinning Step 1 & Shape	Spinning The booty workout	Bodypump Spinning Total Body workout	55= / Immunity Boost Bodypump Spinning HiIT	Spinning
09:30 – 10:30							
10:00 – 11:00	Bodypump CORE (10:00-10:30)	Bodypump	Bodybalance	HiIT	Bodybalance Grit (10:00-10:30)	55+ / Immunity Boost Step 1 & Shape	HiIT
10:30 – 11:30							
11:00 – 12:00							
11:30 – 12:30							
12:00 – 13:00							
12:30 – 13:30							
13:00 – 14:00							
13:30 – 14:30							
14:00 – 15:00							
14:30 – 15:30							
15:00 – 16:00							
15:30 – 16:30							

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
16:00 – 17:00							
16:30 – 17:30							
17:00 – 18:00			55+ / Immunity Boost				
17:30 – 18:30							
18:00 – 19:00							
18:30 – 19:30	Bodypump	Bodypump CORE (18:30-19:00)	Step 2	Bodypump Zumba	The booty workout Hiit		
19:00 – 20:00	Spinning	Grit (19:00-19:30)	Spinning		CORE (19:15-19:45)		
19:30 – 20:30	The booty workout Hiit	Spinning Step 1 & Shape Hiit Zumba	The booty workout Total body workout Hiit	Bodybalance Grit (19:30-20:00)			
20:00 – 21:00	Spinning		Spinning				
20:30 – 21:30	CORE (20:30-21:00) Kickfun	The booty workout	Kickfun				
21:00 22:00							



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	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07:00 – 08:00							
07:30 – 08:30							
08:00 – 09:00							
08:30 – 09:30							
09:00 – 10:00	Hot 60 (9:15-10:15)	Basic Alignment (9:15-10:15) Hot 60 (9:15-10:15)	Hatha (9:15-10:15) Hot 60 (9:15-10:15)	Hot 60 (9:15-10:15)	Pilates Yoga (9:15-10:15) Hatha Flow (9:15-10:15)	Vinyasa (9:15-10:15) Hot 60 (9:15-10:15)	Hatha Yoga (9:15-10:15)
09:30 – 10:30							
10:00 – 11:00							
10:30 – 11:30	Pranayama & Meditatie Yin warm	Pilates Yoga Hatha Flow warm	Yin warm	Yin warm	Vinyasa Yoga Yin warm	Yin warm	Yin Yoga Hot 60
11:00 – 12:00							
11:30 – 12:30						Zwangerschapsyoga (11:45-12:45)	
12:00 – 13:00							
12:30 – 13:30							
13:00 – 14:00							
13:30 – 14:30							
14:00 – 15:00							
14:30 – 15:30							
15:00 – 16:00							

	<b>Maandag</b>	<b>Dinsdag</b>	<b>Woensdag</b>	<b>Donderdag</b>	<b>Vrijdag</b>	<b>Zaterdag</b>	<b>Zondag</b>
<b>15:30 – 16:30</b>							
<b>16:00 – 17:00</b>							
<b>16:30 – 17:30</b>							
<b>17:00 – 18:00</b>							
<b>17:30 – 18:30</b>							
<b>18:00 – 19:00</b>							
<b>18:30 – 19:30</b>							
<b>19:00 – 20:00</b>	Vinyasa (19:15-20:15) Hot 60 (19:15-20:15)	Vinyasa (19:15-20:15) Hot Freestyle (19:15-20:15)	Pilates Yoga (19:15-20:15) Hot 60 (19:15-20:15)	Vinyasa Yoga (19:15-20:15) Hot 60 (19:15-20:15)	Yoga Nidra (19:15-20:15)		
<b>19:30 – 20:30</b>							
<b>20:00 – 21:00</b>							
<b>20:30 – 21:30</b>	Pilates Yoga Hot 60	Yoga Nidra Yin warm	Hatha Yoga Pranayama & meditatie	Pranayama & Nidra Yin warm			
<b>21:00 22:00</b>							