

LESROOSTER

PERIODE
NOVEMBER 2024

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 / 10:45 Lower body blas	09:30 / 10:15 Zumba	09:30 / 10:00 Upper body burn	09:30 / 10:00 Lower body blas	09:30 / 10:00 upper body burn	10:00 / 11:00 Circuit	
	10:15 / 10:30 Circl mobility	10:00 / 10:45 Pilates			11:00 / 10:15 Buikspier kwartier	
18:30 / 19:00 Lower body blast						
19:00 / 19:45 Zumba	19:00 / 19:30 Circuit training	19:00 / 19:30 Upper body burn	19:00 / 19:30 Lower body blast			
19:45 / 20:15 Circl mobility		19:30 / 20:15 box fit	19:30 / 20:30 Strong nation			
			20:30 / 20:45 Lower body blast			