lesrooster

VANAF
april 2024

maandag

Groepslessen	
09:30 – 10:15	Fit+ Gym
18:30 - 19:30	Pilates

Spinning	
19:30 – 20:30	Spinning

Functional & Core Training	
19:15 – 19:30	Core Stability Training
19:30 – 20:00	Circuit

dinsdag

Groepslessen	
18:00 – 19:00	Yoga Level 2
19:00 – 20:00	Zumba

Spinning	

Functional & Core Training	
19:00 – 19:30	Circuit
19:30 – 19:45	Core Stability Training

OUTDOOR

woensdag

Groepslessen	
08:30 – 09:30	Yoga
09:30 – 10:30	Yoga Level 2
18:30 – 19:30	

Spinning	
19:30 – 20:30	Spinning

Functional & Core Training	
19:00 – 19:45	Bootcamp

donderdag

Groepslessen	
19:15 – 20:15	Zumba

Spinning	
18:00 – 19:00	ClubCycle

Functional & Core Training	

vrijdag

Groepslessen	
09:30 – 10:15	Fit+ Gym

Spinning	

Functional & Core Training	

zaterdag

Groepslessen	

zondag

2x PER MAAND

Groepslessen	
09:30 – 10:30	ClubPower
10:30 – 11:30	Spinning

ANYTIME FITNESS

VOERENDAAL

Kerkplein 1-3, 6367 EN

ANYTIME FITNESS