

# LESROOSTER

PERIODE  
VANAF JANUARI 2026

| MAANDAG                                         | DINSDAG                  | WOENSDAG                                | DONDERDAG                                       | VRIJDAG                                  | ZATERDAG                                  | ZONDAG                    |
|-------------------------------------------------|--------------------------|-----------------------------------------|-------------------------------------------------|------------------------------------------|-------------------------------------------|---------------------------|
| 09:15 - 10:15<br>FIT+ GYM                       |                          | 08:30 - 09:30<br>PILATES                |                                                 | 09:30 - 10:30<br>FIT+ GYM                | 09:30 - 10:30<br>POWERMAMA<br>TRAINING    |                           |
|                                                 |                          |                                         |                                                 |                                          | 10:30 - 11:30<br>POWERMAMA<br>CORERESTORE | 10:30 - 11:30<br>SPINNING |
|                                                 |                          |                                         |                                                 |                                          |                                           |                           |
| 18:30 - 19:30<br>YOGA                           | 18:30 - 19:30<br>PILATES | 18:30 - 19:30<br>CLUBPOWER              | 18:00 - 19:00<br>CLUBCYCLE                      | 18:30 - 19:30<br>PILATES<br>2X PER MAAND |                                           |                           |
| 19:30 - 20:30<br>SPINNING                       | 19:30 - 20:30<br>ZUMBA   | 19:30 - 20:30<br>SPINNING               | 19:00 - 20:00<br>YOGA<br>2X PER MAAND           | 19:30 - 20:30<br>POWERMAMA<br>ZWANGER    |                                           |                           |
|                                                 |                          |                                         | 19:30 - 20:30<br>ZUMBA<br>1X PER MAAND          |                                          |                                           |                           |
|                                                 |                          |                                         |                                                 |                                          |                                           |                           |
| 19:15 - 19:30<br>FITNESS FUN<br>CORE STABILITY  |                          |                                         | 19:15 - 19:30<br>FITNESS FUN<br>CORE STABILITY  |                                          |                                           |                           |
| 19:30 - 20:00<br>FITNESS FUN<br>CIRCUITTRAINING |                          | 19:30 - 20:00<br>FUNCTIONAL<br>TRAINING | 19:30 - 20:00<br>FITNESS FUN<br>CIRCUITTRAINING |                                          |                                           |                           |

ANYTIME FITNESS

VOERENDAAL

