

# LESROOSTER

PERIODE  
JULI 2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:15 - 10:15 FIT+ GYM		09:00 - 10:00 PILATES		09:30 - 10:30 FIT+ GYM	09:30 - 10:30 POWERMAMA TRAINING	
		10:00 - 11:00 FUNCTIONELE CIRCUITTRAINING	10:30 - 11:30 POWERMAMA CORERESTORE		10:30 - 11:30 POWERMAMA NXT	10:30 - 11:30 SPINNING
18:30 - 19:30 YOGA	18:30 - 19:30 PILATES	18:30 - 19:30 CLUBPOWER	18:00 - 19:00 CLUBCYCLE	13:00 - 14:00 POWERMAMA ZWANGER		
19:30 - 20:30 SPINNING	19:30 - 20:30 ZUMBA	19:30 - 20:30 SPINNING		18:30 - 19:30 PILATES 2X PER MAAND		
19:15 - 19:30 FITNESS FUN CORE STABILITY	19:30 - 20:30 POWERMAMA TRAINING		19:15 - 19:30 FITNESS FUN CORE STABILITY			
19:30 - 20:00 FITNESS FUN CIRCUITTRAINING			19:30 - 20:00 FITNESS FUN CIRCUITTRAINING			

ANYTIME FITNESS

# VOERENDAAL

