

lesrooster

periode

| maandag | dinsdag | woensdag | donderdag | vrijdag | zaterdag | zondag |
|----------------------------------|---|---|--|---------|----------------------------------|---------------------------------|
| | | | | | 11:00 - 12:00 YIN YOGA | 10:00 - 10:45 CYCLING |
| | 12:15 - 13:00 PILATES (basic) | 12:15 - 12:45 CORE | 12:15 - 13:00 silent disco CYCLING | | 11:00 - 12:00 BOOTCAMP | |
| | | | | | | |
| | | | 18:30 - 19:30 KRACHT & CARDIO | | | |
| 19:00 - 20:00 BOOTCAMP | 19:15 - 19:45 HIIT | 18:30 - 19:00 HIIT | 19:30 - 20:30 ASHTANGA YOGA | | | |
| 20:00 - 21:00 BOXFIT | 20:00 - 20:45 CYCLING | 19:10 - 20:00 PILATES (intense) | 20:00 - 21:30 HARDLOPEN | | | |
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| | | | | | | |

ANYTIME FITNESS

Kop van Zuid

