

# LESROOSTER

PERIODE  
2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<b>09:30 - 10:00</b> MOBILITY TRAINING	<b>09:30 - 10:00</b> CIRCUIT TRAINING		<b>09:30 - 10:00</b> BBB	<b>09:30 - 10:00</b> FIT & BALANS CIRCUIT	<b>09:30 - 10:00</b> CIRCUIT TRAINING	
		<b>10:00 - 10:30</b> FIT & BALANS CIRCUIT		<b>10:15 - 10:45</b> FIT & BALANS CIRCUIT		<b>10:30 - 11:00</b> CARDIO TRAINING
					<b>12:00 - 12:45</b> BOKSFIT	<b>11:00 - 11:15</b> BUIKSPIER KWARTIER
<b>18:30 - 19:00</b> CARDIO TRAINING						
<b>19:00 - 19:15</b> BUIKSPIER KWARTIER			<b>19:00 - 19:45</b> BOKSFIT CIRCUIT			
<b>19:30 - 20:00</b> HIIT	<b>19:30 - 20:15</b> BOKSFIT	<b>19:30 - 19:45</b> BUIKSPIER KWARTIER				
		<b>20:00 - 20:30</b> CARDIO TRAINING				

ANYTIME FITNESS

TER AAR

