



# LESROOSTER

| MAANDAG   | DINSDAG   | WOENSDAG   | DONDERDAG   | VRIJDAG  | ZATERDAG  | ZONDAG  |
|---|---|--|---|--|---|---|
| 09:00 - 09:25 uur<br><b>Grit Strength Basic</b><br>Studio 1     | 09:00 - 09:55 uur<br><b>My Ride</b><br>Cycling Studio         | 08:45 - 09:45 uur<br><b>Boxing</b><br>Studio 2                 | 09:00 - 09:30 uur<br><b>Bootcamp Omnia</b><br>Functional Area | 09:00 - 9:55 uur<br><b>Bodypump</b><br>Studio 1                | 08:15 - 09:45 uur<br><b>Yoga XL</b><br>Studio 1               | 09:00 - 09:30 uur<br><b>CX Worx</b><br>Studio 1           |
| 09:00 - 09:55 uur<br><b>My Ride</b><br>Cycling Studio           | 09:30 - 10:00 uur<br><b>Bootcamp Omnia</b><br>Functional Area | 09:00 - 10:00 uur<br><b>Get In Shape</b><br>Studio 1           | 09:00 - 09:55 uur<br><b>Get In Shape</b><br>Studio 1          | 09:30 - 10:00 uur<br><b>Bootcamp Omnia</b><br>Functional Area  | 09:00 - 09:55 uur<br><b>Bootcamp Omnia</b><br>Functional Area | 09:30 - 10:25 uur<br><b>Bodypump</b><br>Studio 1          |
| 09:30 - 10:00 uur<br><b>Barlet</b><br>Studio 1                  | 10:00 - 10:55 uur<br><b>Get In Shape</b><br>Studio 1          | 10:00 - 10:30 uur<br><b>Boot-Y-Camp</b><br>Studio 1            | 09:00 - 09:55 uur<br><b>Kickboxing</b><br>Studio 2            | 10:00 - 10:30 uur<br><b>Functional Core</b><br>Functional Area | 09:00 - 09:55 uur<br><b>Boxing</b><br>Studio 2                | 09:30 - 10:25 uur<br><b>Boxing</b><br>Studio 2            |
| 10:00 - 10:30 uur<br><b>Bootcamp Omnia</b><br>Functional Area   | 12:30 - 13:25 uur<br><b>The Fit Fifties</b><br>Studio 1       | 10:30 - 11:25 uur<br><b>Pilates</b><br>Studio 1                | 10:00 - 10:55 uur<br><b>Boot-Y-Camp</b><br>Studio 1           | 10:00 - 10:55 uur<br><b>Boot-Y-Camp</b><br>Studio 1            | 10:00 - 10:30 uur<br><b>Sprint</b><br>Cycling Studio          | 09:30 - 10:25 uur<br><b>Cycling</b><br>Cycling Studio     |
| 10:00 - 10:55 uur<br><b>Get In Shape</b><br>Studio 1            |   |  | 11:00 - 11:55 uur<br><b>Pralaya Yoga</b><br>Studio 1          | 13:00 - 13:55 uur<br><b>Zen &amp; Core</b><br>Studio 1         | 10:30 - 11:25 uur<br><b>Xcore</b><br>Studio 1                 | 10:00 - 10:30 uur<br><b>FAT-Attack</b><br>Functional Area |
| 11:00 - 11:55 uur<br><b>Yin Yoga</b><br>Studio 1                |   |  | 12:30 - 13:30 uur<br><b>The Fit Fifties</b><br>Studio 1       |  | 10:30 - 11:25 uur<br><b>Cycling</b><br>Cycling Studio         | 10:30 - 11:25 uur<br><b>Get In Shape</b><br>Studio 1      |
| 18:00 - 18:30 uur<br><b>Train like a PRO</b><br>Functional Area |   |  |   |  |   |   |
| 19:00 - 19:55 uur<br><b>Bodypump</b><br>Studio 1                | 19:00 - 19:30 uur<br><b>Bootcamp Omnia</b><br>Functional Area | 18:30 - 19:00 uur<br><b>Sprint</b><br>Cycling Studio           | 19:00 - 19:30 uur<br><b>Bootcamp Omnia</b><br>Functional Area | 19:00 - 19:30 uur<br><b>Bootcamp Omnia</b><br>Functional Area  |   |   |
| 19:00 - 19:30 uur<br><b>CX Worx</b><br>Studio 2                 | 19:00 - 19:55 uur<br><b>Boot-Y-Camp</b><br>Studio 1           | 19:00 - 19:30 uur<br><b>CX Worx</b><br>Studio 1                | 19:00 - 19:55 uur<br><b>Xcore</b><br>Studio 1                 | 19:00 - 19:55 uur<br><b>Boxing</b><br>Studio 2                 |   |   |
| 19:00 - 19:55 uur<br><b>Cycling</b><br>Cycling Studio           | 19:00 - 19:55 uur<br><b>Boxing</b><br>Studio 2                | 19:00 - 19:55 uur<br><b>Cycling</b><br>Cycling Studio          | 19:30 - 20:00 uur<br><b>Community WOD</b><br>Functional Area  | 19:30 - 20:00 uur<br><b>Grit Strength</b><br>Studio 1          |   |   |
| 20:00 - 20:30 uur<br><b>Sprint</b><br>Cycling Studio            | 20:00 - 20:30 uur<br><b>CX Worx</b><br>Studio 2               | 19:30 - 20:00 uur<br><b>Bootcamp Omnia</b><br>Functional Area  | 20:00 - 20:30 uur<br><b>Barlet</b><br>Studio 1                | 20:00 - 20:55 uur<br><b>Cycling</b><br>Cycling Studio          |   |   |
| 20:00 - 20:30 uur<br><b>WOD</b><br>Functional Area              | 20:00 - 20:55 uur<br><b>Tae-Bo</b><br>Studio 1                | 19:30 - 20:00 uur<br><b>Boot-Y-Camp</b><br>Studio 1            | 20:00 - 20:55 uur<br><b>Boxing</b><br>Studio 2                |  |   |   |
| 20:00 - 20:55 uur<br><b>Combatshape</b><br>Studio 1             | 20:00 - 20:55 uur<br><b>Cycling</b><br>Cycling Studio         | 20:00 - 20:30 uur<br><b>Functional Core</b><br>Functional Area | 20:30 - 21:25 uur<br><b>Relax Yoga</b><br>Studio 1            |  |   |   |
| 20:00 - 20:55 uur<br><b>Boxing</b><br>Studio 2                  | 21:00 - 21:55 uur<br><b>Pilates</b><br>Studio 1               | 20:00 - 20:55 uur<br><b>Bodypump</b><br>Studio 1               |   |  |   |   |
| 20:00 - 20:55 uur<br><b>FAT-Attack</b><br>Functional Area       |   | 20:00 - 20:55 uur<br><b>Kickboxing</b><br>Studio 2             |   |  |   |   |
| 21:00 - 21:55 uur<br><b>Power Yoga</b><br>Studio 1              |   | 21:00 - 21:55 uur<br><b>Zen &amp; Core</b><br>Studio 1         |   |  |   |   |

HAAL SAMEN MET ONS HET BESTE UIT JEZELF!