

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
09.00 – 09.30 Energy Zone	09.00 – 09.30 Energy Zone	09.00 – 09.30 Energy Zone	09.00 – 09.30 Energy Zone	09.00 – 09.30 Energy Zone	09.15 – 09.45 Energy Zone	09.15 – 09.45 Energy Zone
09.00 -10.00 <b>BODY BALANCE</b>	09.30 – 10.00 <b>Energy PLUS</b>	09.30 – 10.00 <b>Energy PLUS</b>	09.00 – 10.00 <b>FITPLUS</b>	09.00 – 10.00 <b>WORKOUT</b>	09.45 – 10.15 Energy Zone	09.45 – 10.15 Energy Zone
10.00 – 11.00 <b>BODY PUMP</b>				09.30 – 10.20 <b>SPINNING</b>	10.00 – 10.30 <b>SPRINT</b>	
	18.30 -19.00 Energy Zone	18.30 -19.30 Hardlopen - baan	18.30 -19.00 Energy Zone		09.00 – 10.00 UUR <b>BOKSFIT</b>	10.00 – 10.30 <b>LM CORE</b>
19.00 – 19.30 Energy Zone	19.00 – 19.30 Energy Zone	19.00 – 19.30 Energy Zone	19.00 – 19.30 Energy Zone		09.00 – 10.15 Hardlopen - bos	10.30 – 11.20 <b>SPINNING</b>
19.00 – 19.50 <b>SPINNING</b>		19.30 – 20.00 Energy Zone				
19.00 – 20.00 <b>KICKBOKSEN</b>	19.00 – 19.45 <b>LM DANCE</b>	18.00 – 19.00 <b>GLADIATOR</b>				
	19.45 - 20.15 <b>LM CORE</b>	19.00 – 19.30 <b>LM CORE</b>	19.00 – 20.00 <b>BODY PUMP</b>			
20.00 – 21.00 <b>FIT MIX</b>		19.00 – 20.00 <b>KICKBOKSEN LADIES ONLY</b>				
	20.15 -21.15 <b>BODY BALANCE</b>	19.45 – 20.35 <b>SPINNING</b>	20.00 -21.00 <b>BODY BALANCE</b>			
		20.00 – 21.00 <b>KICKBOKSEN</b>				



LESROOSTER 2025