

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
09.00 -10.00 BODY BALANCE	09.30 – 10.00 Energy PLUS	09.30 – 10.00 Energy PLUS	09.00 – 10.00 FITPLUS	09.00 – 10.00 WORKOUT		
10.00 – 11.00 BODY PUMP		18.00 – 19.00 GLADIATOR		09.30 – 10.20 SPINNING	10.00 – 10.30 SPRINT	10.00 – 10.30 LM CORE
19.00 – 19.30 Energy Zone	19.00 – 19.30 Energy Zone	19.00 – 19.30 Energy Zone	19.00 – 19.30 Energy Zone			10.30 – 11.20 SPINNING
19.00 – 20.00 BOKSFIT		19.00 – 19.30 BBB	19.00 – 20.00 BODY PUMP			
19.00 – 19.50 SPINNING	19.00 – 19.45 LM DANCE	19.00 – 20.00 BOKSFIT <small>LADIES ONLY</small>				
20.00 – 21.00 BODY ATTACK		19.30 – 20.00 Energy Zone				
	19.45 - 20.15 LM CORE	19.45– 20.35 SPINNING				
	20.15 -21.15 BODY BALANCE	20.00 – 21.00 BOKSFIT	20.00 -21.00 BODY BALANCE			



LESROOSTER 2024

Per 1 november
2024