

# LESROOSTER

PERIODE  
APRIL 2026

| MAANDAG                                    | DINSDAG                           | WOENSDAG                               | DONDERDAG                                       | VRIJDAG                            | ZATERDAG                                   | ZONDAG                    |
|--|-----------------------------------|--|---|------------------------------------|--|---------------------------|
| 09:00 - 10:00<br>FIT & VITAAL<br>BOOTCAMP  | 09:15 - 09:45<br>CORE<br>STRENGTH | 09:00 - 10:00<br>FIT & VITAAL          | 09:00 - 10:00<br>LES MILLS BODYPUMP<br>VIRTUEEL | 09:15 - 09:45<br>CORE              | 09:00 - 09:45<br>LES MILLS<br>BODYPUMP     | 09:00 - 10:00<br>AF CYCLE |
| 10:00 - 11:00<br>MOBILITY                  |                                   | 10:00 - 11:00<br>ZUMBA                 |   | 10:00 - 11:00<br>ZUMBA<br>VIRTUEEL | 10:00 - 11:00<br>LES MILLS<br>BODY BALANCE | 10:30 - 11:30<br>CIRCUIT  |
|  |                                   |  |   |                                    | 11:15 - 11:45<br>BBB                       |                           |
|  |                                   |  |   |                                    |  |                           |
|  |                                   |  |   |                                    |  |                           |
| 17:00 - 18:00<br>KRACHTTRAINING<br>JEUGD   |                                   |  | 17:00 - 18:00<br>KRACHTTRAINING<br>JEUGD        |                                    |  |                           |
| 18:00 - 19:00<br>FIT RACE                  |                                   |  | 18:15 - 19:00<br>CIRCUIT                        |                                    |  |                           |
| 19:00 - 20:00<br>ZUMBA                     | 19:00 - 19:30<br>GRIT<br>CARDIO   | 19:15 - 20:00<br>LES MILLS<br>BODYPUMP | 19:15 - 20:00<br>LES MILLS<br>YOGA              |                                    |  |                           |
| 20:00 - 21:00<br>LES MILLS<br>BODY BALANCE | 19:45 - 20:45<br>AF CYCLE         | 20:15 - 21:00<br>LES MILLS<br>PILATES  | 20:15 - 21:00<br>AF CLIMB                       |                                    |  |                           |

ANYTIME FITNESS

GROENLO

