

# LESROOSTER

PERIODE  
VANAF 1 SEPTEMBER 2026

| MAANDAG                    | DINSDAG                                  | WOENSDAG                      | DONDERDAG                                       | VRIJDAG                    | ZATERDAG                      | ZONDAG                                       |
|----------------------------|------------------------------------------|-------------------------------|-------------------------------------------------|----------------------------|-------------------------------|----------------------------------------------|
| 08:15 - 08:30<br>CORE      | 08:30 - 08:45<br>CORE                    | 07:15 - 08:15<br>VINYASA YOGA | 08:30 - 09:00<br>FULL BODY                      | 08:45 - 09:30<br>RPM       | 07:30 - 08:00<br>FULL BODY    | 09:15 - 09:45<br>FULL BODY<br>BEGINNERSGROEP |
| 08:30 - 09:00<br>FULL BODY | 08:45 - 09:15<br>FULL BODY               | 08:45 - 09:15<br>FULL BODY    | 08:45 - 09:00<br>CORE<br>EXTRA 09.00-09.15      | 10:00 - 10:30<br>FULL BODY | 08:15 - 09:00<br>BODY BALANCE | 09:30 - 10:15<br>RPM OF SPINNING<br>ROULATIE |
| 09:00 - 09:30<br>FULL BODY | 09:30 - 10:15<br>PILATES                 | 09:15 - 09:45<br>FULL BODY    | 09:00 - 09:30<br>FULL BODY                      | 10:30 - 11:15<br>PILATES   | 09:15 - 09:45<br>FULL BODY    | 09:45 - 10:15<br>FULL BODY                   |
| 09:30 - 09:45<br>CORE      | 10:30 - 11:30<br>SENIOREN FITNESS        | 09:45 - 10:00<br>CORE         | 09:30 - 10:15<br>SCULPT & FLOW                  | 11:30 - 12:30<br>YIN YOGA  | 09:45 - 10:15<br>FULL BODY    | 10:30 - 11:15<br>BODYPUMP                    |
| 09:30 - 10:15<br>RPM       |                                          | 10:00 - 10:45<br>HATHA YOGA   | 10:15 - 11:00<br>YIN YOGA                       |                            | 10:30 - 11:15<br>RPM          |                                              |
|                            |                                          |                               | 10:45 - 11:45<br>SENIOREN FITNESS               |                            |                               |                                              |
| 18:30 - 19:15<br>XCORE     | 18:30 - 19:15<br>BODYPUMP                |                               | 18:30 - 19:30<br>COMBI PUMP/BOOTY               |                            |                               |                                              |
| 19:30 - 20:15<br>BODYPUMP  | 18:45 - 19:15<br>FULL BODY<br>PAARSE MAT | 19:00 - 19:45<br>RPM          | 19:15 - 19:45<br>FULL BODY<br>EXTRA 18.45-19.15 |                            |                               |                                              |
| 20:30 - 21:15<br>RPM       | 19:30 - 20:15<br>PILATES                 | 20:00 - 20:45<br>BODY BALANCE | 19:45 - 20:30<br>SPINNING                       |                            |                               |                                              |

ANYTIME FITNESS

DOETINCHEM

