

# LESROOSTER

PERIODE  
AUGUSTUS 2023

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:45 - 10:15 CORE TRAINING	10:00 - 10:30 BBB	10:00 - 10:30 FUNCTIONELE TRAINING		10:00 - 10:15 CORE TRAINING	10:00 - 10:45 BOOTCAMP	10:00 - 10:30 BBB
				10:15 - 10:30 HIIT TRAINING		
19:30 - 20:15 BOOTCAMP	19:00 - 19:15 CORE TRAINING	19:00 - 19:30 FUNCTIONELE TRAINING				
	19:15 - 19:30 HIIT TRAINING					

ANYTIME FITNESS

BEEK

