

LESROOSTER

PERIODE
2024

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 HITT TRAINING		
19:30 - 20:15 BOOTCAMP	19:00 - 19:30 WOD WORKOUT	19:00 - 19:30 FUNCTIONELE TRAINING	19:00 - 19:30 WOD WORKOUT			

ANYTIME FITNESS

BEEK

