

# LESROOSTER

PERIODE  
ZOMER 2025

| MAANDAG                            | DINSDAG                  | WOENSDAG                    | DONDERDAG                         | VRIJDAG                  | ZATERDAG              | ZONDAG |
|------------------------------------|--------------------------|-----------------------------|-----------------------------------|--------------------------|-----------------------|--------|
| 09:30 - 10:30<br>CIRCUIT TRAINING  | 19:00 - 19:30<br>HIIT    | 10:00 - 11:00<br>SENIOR FIT | 19:30 - 20:30<br>CIRCUIT TRAINING | 09:30 - 10:30<br>PILATES | 10:00 - 11:00<br>HIIT |        |
| 19:30 - 20:00<br>SPINNING TRAINING | 19:30 - 20:30<br>PILATES | 19:00 - 20:00<br>PUMP       |                                   |                          |                       |        |
|                                    |                          |                             |                                   |                          |                       |        |
|                                    |                          |                             |                                   |                          |                       |        |
|                                    |                          |                             |                                   |                          |                       |        |
|                                    |                          |                             |                                   |                          |                       |        |
|                                    |                          |                             |                                   |                          |                       |        |
|                                    |                          |                             |                                   |                          |                       |        |
|                                    |                          |                             |                                   |                          |                       |        |

ANYTIME FITNESS

BARENDRECHT

