

## LESROOSTER SEPTEMBER 2020

|           | 8.00-9.00                | 9.00-10.00                 | 10.00-11.00               | 11.00-12.00 | 16.00-17.00   | 17.00-18.00       | 18.00-19.00             | 19.00-20.00               | 20.00-21.00    |
|-----------|--------------------------|----------------------------|---------------------------|-------------|---------------|-------------------|-------------------------|---------------------------|----------------|
| Maandag   | 8.45 BOOTCAMP (V)        | CIRCUIT*(A)                | POWER                     |             | KICKBOKS KIDS |                   |                         | CIRCUIT*(A)               | 20.15 SPINNING |
|           |                          |                            | 10.15 WANDELFITNESS* (V)  |             |               |                   |                         | KICKBOKS WORKOUT          |                |
| Dinsdag   |                          | BODY TONING                | CIRCUIT*(A)               |             |               |                   | 18.30 WANDELFITNESS*(V) | 19.15 HARDLOPEN gevor*(V) | 20.15 POWER    |
|           |                          |                            | 10.15 SPINNING            |             |               |                   |                         | 19.30RUNNING BOOTCAMP (A) |                |
| Woensdag  | 8.30 PILATES (beginners) | 9.45 PILATES (gevorderden) | CIRCUIT*(A)               |             |               | KINDERCIRCUIT*(A) |                         | POWER YOGA                | 20.15 SPINNING |
|           |                          | WANDEL WORKOUT*(V)         | WANDEL WORKOUT*(V)        |             |               |                   |                         | NORDIC WALKING*(V)        |                |
| Donderdag |                          | FLOW                       | WANDELFITNESS* (V)        |             | KICKBOKS KIDS | DANSEN KIDS       |                         | KICKBOKS WORKOUT          | 20.15 SPINNING |
|           |                          |                            |                           |             |               |                   |                         | CIRCUIT*(A)               |                |
| Vrijdag   |                          | VARIA                      | 10.15 PILATES (beginners) |             | CIRCUIT*(A)   |                   |                         | SPINNING                  |                |
|           |                          | 9.15 CIRCUIT* (A)          |                           |             |               |                   |                         |                           |                |
| Zaterdag  |                          | 8.45 SPINNING              | POWER                     | 11.15 KIDZ  |               |                   |                         |                           |                |
|           |                          |                            | CIRCUIT*(A)               |             |               |                   |                         |                           |                |