

# lesrooster

periode  
mei 2023

| maandag                          | dinsdag                   | woensdag                         | donderdag                     | vrijdag                       | zaterdag | zondag |
|----------------------------------|---------------------------|----------------------------------|-------------------------------|-------------------------------|----------|--------|
| 09:00 - 10:00<br>Fit & Vitaal    | 09:00 - 10:00<br>Balance  |                                  | 09:00 - 10:00<br>Fit & Vitaal | 09:00 - 10:00<br>Fit & Vitaal |          |        |
|                                  |                           |                                  |                               |                               |          |        |
| 11:00 - 12:00<br>Seniorenfitness |                           | 11:00 - 12:00<br>Seniorenfitness | 10:30 - 11:30<br>FysioFit     |                               |          |        |
|                                  |                           |                                  |                               |                               |          |        |
|                                  | 19:00 - 20:00<br>Bodypump |                                  |                               |                               |          |        |
| 20:00 - 21:00<br>Yoga (virtueel) | 20:00 - 21:00<br>Yoga     | 19:30 - 20:30<br>Bootcamp        | 20:00 - 21:00<br>Yoga         |                               |          |        |
|                                  |                           |                                  |                               |                               |          |        |

ANYTIME FITNESS

Heythuysen

