

LESROOSTER

PERIODE
2024

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 09:30 CIRCUIT TRAINING	09:00 - 10:00 CIRCUIT TRAINING	09:00 - 09:30 CIRCUIT TRAINING	09:00 - 09:30 CIRCUIT TRAINING	09:30 - 10:15 CROSSTRaining	10:00 - 10:45 XXL CIRCUIT TRAINING	10:00 - 10:45 XXL CIRCUIT TRAINING
09:30 - 09:45 BUIKSPIERKWARTIER		09:30 - 09:45 BUIKSPIERKWARTIER	09:30 - 09:45 BUIKSPIERKWARTIER			
19:00 - 19:45 XXL CIRCUIT TRAINING	19:00 - 20:00 XXL CIRCUIT TRAINING	19:00 - 19:45 XXL CIRCUIT TRAINING	19:00 - 19:45 CROSSTRaining			
19:45 - 20:30 BOOTCAMP	20:00 - 20:45 STRETCH & RELAX	19:45 - 20:30 BOOTCAMP	19:45 - 20:00 STRETCH & RELAX			

ANYTIME FITNESS

ZUTPHEN

