

LESROOSTER | 2025 - 2026



SPORT & YOGA

o.v.b. van wijzigingen

MAANDAG			STUDIO	DONDERDAG			STUDIO
09.15 - 10.15	Total Body Workout		1 3	09.15 - 10.15	Pilates NIEUW		1
18.30 - 19.00	Holy Booty		3	18.30 - 19.40	Power - Yoga		2
19.00 - 20.00	Salsation (Rhythm Fusion)		1	19.00 - 19.45	XCORE		1
19.15 - 20.00	Aqua Bag Workout		3	19.45 - 20.45	Prenatal Yoga ENG		3
20.15 - 21.15	Total Body Workout		1	19.45 - 20.45	The Gym Workout		1
20.15 - 21.15	Yin Yoga		2				
20.15 - 21.15	Zumb'easy		3				
DINSdag			STUDIO	VRIJDAG			STUDIO
09.00 - 10.00	Hatha Yoga		3	09.15 - 10.15	Salsation (Rythm Fusion)		2
09.15 - 10.15	Total Body Workout		1	09.15 - 10.15	XCORE		1
18.45 - 19.35	XCORE		3				
19:30 - 20:30	Club Power PUMP		1				
19.40 - 20.40	Yang/Yin Yoga		3				
20.30 - 21.20	ZUMBA		1				
WOENSDAG			STUDIO	ZATERDAG			STUDIO
09.30 - 10.30	Total Body Workout		1	08.20 - 09.15	Yoga Mix		1
10.30 - 11.30	Yin Yoga		1	09.15 - 10.05	ZUMBA		2
18.30 - 19.15	High Intensity Interval Training		2				
19.15 - 20.15	Disco Fever Fun volw.		2				
19.25 - 20.15	ZUMBA		1				
20.15 - 21.15	Vinyasa Yoga		3				
				ZONDAG			STUDIO
				10.00 - 11.00	Mix it! Workout		2