

# LESROOSTER

PERIODE  
SEPTEMBER 2026

| MAANDAG                  | DINSDAG                    | WOENSDAG                       | DONDERDAG                     | VRIJDAG                 | ZATERDAG | ZONDAG                     |
|--------------------------|----------------------------|--------------------------------|-------------------------------|-------------------------|----------|----------------------------|
| 09:30 - 10:30<br>50- FIT |                            |                                | 09:30 - 10:30<br>FIT & VITAAL | 09:30 - 10:30<br>50-FIT |          |                            |
|                          |                            | 10:30 - 11:15<br>YOGA          |                               |                         |          | 10:00 - 10:45<br>ABS &CORE |
|                          |                            |                                |                               |                         |          |                            |
|                          |                            |                                |                               |                         |          |                            |
|                          |                            |                                |                               |                         |          |                            |
| 19:00 - 20:00<br>YOGA    | 19:00 - 20:00<br>CLUBPOWER | 19:00 - 19:15<br>BUIKSPIER LES | 19:00 - 20:00<br>BODY SHAPE   |                         |          |                            |
| 20:00 - 21:00<br>BOKSEN  |                            | 19:15 - 20:00<br>PILATES       |                               |                         |          |                            |
|                          |                            |                                |                               |                         |          |                            |
|                          |                            |                                |                               |                         |          |                            |

ANYTIME FITNESS

VAASSEN

