LESROOSTER | PERIODE 2027

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
				09:00 - 10:00 YOGA		
		10:00 - 11:00 SENIOR FIT		**10:00 - 11:00** SENIOR FIT		
19:00 - 19:45 HITT TRAINING	**19:00 - 19:45** BBB	**19:00 - 19:45** FULL-BODY KRACHT	**19:00 - 19:30** CIRCUIT TRAINING			
19:45 - 20:00 BUIKSPIER	**19:45 - 20:00** BUIKSPIER	**19:45 - 20:00** BUIKSPIER				
	20:00 - 20:30 HYROX					

ANYTIME FITNESS

VENRAY-CENTRUM

ANYTIME FITNESS