LESROOSTER

PERIODE
NOVEMBER 2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:30 - 10:00 FULL BODY WORKOUT				**09:30 - 10:00** FULL BODY WORKOUT		
	10:00 - 10:30 FULL BODY WORKOUT		**10:00 - 10:30** FULL BODY WORKOUT			**10:00 - 10:30** FULL BODY WORKOUT
						10:35 - 11:05 FULL BODY WORKOUT
19:00 - 19:15 BUIKSPIERKWARTIER	**19:00 - 19:30** INDOOR BOOTCAMP		**19:00 - 19:30** FULL BODY WORKOUT			

ANYTIME FITNESS
ERMELO

ANYTIME FITNESS