

GROEPSLESROOSTER

Vanaf 7 september '26

STUDIO ONE

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09.00	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS RPM	LES MILLS BODYPUMP	LES MILLS RPM	LES MILLS RPM	LES MILLS RPM
10.00	LES MILLS Shapes	Strength Development	LES MILLS BODYPUMP	LES MILLS Shapes	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP
11.00						LES MILLS BODYCOMBAT	LES MILLS BODYATTACK
17.30	LES MILLS RPM						
18.00		LES MILLS BODYPUMP		LES MILLS RPM	STUDIO PERFECT CYCLE		
18.15			LES MILLS sprint				
18.30	LES MILLS sprint						
19.00		LES MILLS DANCE	LES MILLS BODYPUMP	LES MILLS Shapes	LES MILLS BODYPUMP		
19.15	Strength Development						
19.45		LES MILLS BODYSTEP			LES MILLS DANCE		
20.00			LES MILLS BODYCOMBAT	Strength Development			
20.15	LES MILLS BODYPUMP						
20.30		RPM					

FUNXTION ZONE

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
09.00					STUDIO PERFECT MOVE IT		
11.00	STUDIO PERFECT MOVE IT						
11.30						STUDIO PERFECT MOVE IT	STUDIO PERFECT MOVE IT
13.00							STUDIO PERFECT MOVE IT
14.00			STUDIO PERFECT MOVE IT SENIOR				
18.30		STUDIO PERFECT MOVE IT	STUDIO PERFECT MOVE IT				
19.00	STUDIO PERFECT MOVE IT			STUDIO PERFECT MOVE IT			
20.00	STUDIO PERFECT MOVE IT	STUDIO PERFECT MOVE IT	STUDIO PERFECT EXTREME	STUDIO PERFECT MOVE IT	STUDIO PERFECT MOVE IT		

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Vanaf 7 september ‘26

YOGA STUDIO

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
08.30		STUDIO PERFECT ESSEINTRICS	STUDIO PERFECT PILATES		STUDIO PERFECT CHI FLOW		
09.15						STUDIO PERFECT PILATES	
09.30	STUDIO PERFECT HATHA YOGA	STUDIO PERFECT PILATES	STUDIO PERFECT FLOW YOGA	STUDIO PERFECT ESSEINTRICS	STUDIO PERFECT YOGA DANCE		STUDIO PERFECT YIN YOGA
10.15						STUDIO PERFECT PERFECT YOGA	
10.30	STUDIO PERFECT YIN YOGA	STUDIO PERFECT PERFECT YOGA	STUDIO PERFECT YIN YOGA	STUDIO PERFECT YIN YOGA	STUDIO PERFECT FLOW YOGA		LES MILLS BODYBALANCE
11.15						STUDIO PERFECT YIN YOGA	
11.30							STUDIO PERFECT YIN YOGA
12.30	LES MILLS BODYBALANCE		STUDIO PERFECT ESSEINTRICS		LES MILLS BODYBALANCE		
17.00	STUDIO PERFECT ESSEINTRICS						
17.15			STUDIO PERFECT PILATES				
17.30		STUDIO PERFECT PILATES					
18.15	STUDIO PERFECT PERFECT YOGA						
18.30		LES MILLS BODYBALANCE	STUDIO PERFECT PERFECT YOGA	STUDIO PERFECT PERFECT YOGA			
19.00	STUDIO PERFECT HOT YOGA						
19.15			STUDIO PERFECT HOT YOGA				
19.30		STUDIO PERFECT YIN YOGA		STUDIO PERFECT YIN YOGA			
19.45	STUDIO PERFECT MEDITATITE						
20.15			STUDIO PERFECT NIDRA YOGA				
20.30	LES MILLS BODYBALANCE						

REFORMER STUDIO

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
07.00				STUDIO PERFECT REFORMER Pilates			
10.00					STUDIO PERFECT REFORMER Pilates		
10.45		STUDIO PERFECT REFORMER Pilates					
18.00				STUDIO PERFECT REFORMER Pilates	STUDIO PERFECT REFORMER Pilates		
18.15	STUDIO PERFECT REFORMER Pilates						
19.00			STUDIO PERFECT REFORMER Pilates				