

GROEPSLESROOSTER

Vanaf 29 juni '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	LES MILLS FUNCTIONAL STRENGTH	LES MILLS BODYPUMP	LES MILLS Shapes	LES MILLS BODYPUMP	LES MILLS BODYPUMP	LES MILLS BODYPUMP
11.00					LES MILLS BODYBALANCE	LES MILLS BODYCOMBAT	LES MILLS BODYATTACK
12.45							
17.30	LES MILLS RPM						
18.00		LES MILLS BODYPUMP			LES MILLS BODYPUMP		
18.15			LES MILLS sprint				
18.30	LES MILLS sprint						
19.00		LES MILLS DANCE	LES MILLS BODYPUMP	LES MILLS Shapes	LES MILLS DANCE		
19.15	LES MILLS Strength Development						
19.45		LES MILLS BODYSTEP					
20.00			LES MILLS BODYCOMBAT	LES MILLS 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 EXTREME
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	STUDIO PERFECT EXTREME		
20.00	STUDIO PERFECT MOVE IT	STUDIO PERFECT MOVE IT	STUDIO PERFECT EXTREME	STUDIO PERFECT MOVE IT			

GROEPSLESROOSTER

Vanaf 29 juni '26

YOGA STUDIO

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
08.30		STUDIO PERFECT ESSEINTRICS					
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							
11.30							STUDIO PERFECT YIN YOGA
12.30			STUDIO PERFECT PILATES				
13.00	LES MILLS BODYBALANCE						
17.00	STUDIO PERFECT ESSEINTRICS						
17.15							
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						
20.30							

REFORMER STUDIO

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
10.00				STUDIO PERFECT REFORMER Pilates	STUDIO PERFECT REFORMER Pilates		
11.00		STUDIO PERFECT REFORMER Pilates					
18.00				STUDIO PERFECT REFORMER Pilates			
18.15	STUDIO PERFECT REFORMER Pilates						