

LESROOSTER

PERIODE
DECEMBER 2025

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 09:45 CLUB JOY PILATES CLARE		08:45 - 09:45 PILATES SHAYLIE	08:45 - 09:30 CLUB JOY POWER CLARE	09:00 - 10:00 FLOW SOPHIE	09:30 - 10:00 HIT TRAINING YOURI	
09:45 - 10:30 CLUB JOY POWER CLARE		10:00 - 11:00 CIRCUIT TRAINING YOURI	09:30 - 10:15 CLUB JOY PILATES CLARE	09:30 - 10:30 CIRCUIT TRAINING BELINDA / YOURI	10:00 - 10:15 BUIKSPIERKWARTIER YOURI	
10:30 - 11:15 FIT+ CLARE	10:30 - 11:15 FIT+ CLARE			10:00 - 11:00 FLOW SOPHIE		
	11:15 - 11:30 BUIKSPIERKWARTIER INSTRUCTEUR			10:30 - 11:30 CIRCUIT TRAINING BELINDA / YOURI		
		18:30 - 19:30 VINYASA YOGA SOPHIE				
19:00 - 19:45 CLUB JOY PILATES CLARE	19:15 - 20:00 CLUB JOY PILATES LOTTA	19:30 - 20:30 VINYASA YOGA SOPHIE	19:15 - 20:00 CLUB JOY POWER LOTTA			
19:45 - 20:30 ZUMBA CLARE	19:30 - 20:30 BOOTCAMP ANDRÉ / QUIN		19:30 - 20:30 BOOTCAMP ANDRÉ / QUIN			
	20:00 - 20:45 CLUB JOY POWER LOTTA		20:00 - 20:45 CLUB JOY PILATES LOTTA			

ANYTIME FITNESS

VALKENBURG

