

LESROOSTER V.A. OKTOBER 2025

		Aerobiczaal		funxionzaal/spinning		Yogazaal	
Maandag	09:00	Piloxing Barre	Anneloes				
	10:15	Total body workout	Diana	Spinning	Daisy	Yoga	Antoinette
	11:00			Circuit	John		
	17:00			Kick Fun Kids	Reguillio		
	18:00	Bodypump	Siert				
	19:00	Zumba	Brigitte				
	19:15			Hyrox	John Romano		
	20:00						
Dinsdag	09:00	B.B.B.	Angela			YinYang Yoga	Antoinette
	10:15					Pilates	Antoinette
	18:00						
	19:00	Bodypump	Ivo				
	19:15			Hyrox	John Romano		
	20:00						
Woensdag	09:00	Zumba	Magareth	Golds Circuit	John		
	10:00					Yoga	Anneloes
	11:15						
	17:00						
	18:00	Bodypump	Conny	Hyrox Youth	Ivo		
	19:00			Boxing Dames	Antoon	Spinning	19:30
	20:00			BOXING Heren	Antoon		
Donderdag	06:00			Hyrox	Nadia		
	09:00	Bootypump	Anneloes				
	10:00	Zumba Gold	Nicole				
	10:15					Yoga	Anneloes
	18:00					Mat pilates	Indri
	19:00	Zumba	Indri				
	20:00					Yoga	Indri
Vrijdag	09:00	Shape Dance	Gio			Easy Flow Yc	Antoinette
	09:15			FunXion	John		
	10:15			FW Spinning	Esther	Yogalates	Antoinette
	15:00						
	19:00						
	20:00						
Zaterdag	09:00	Booty Pump	Anneloes&Nadia			Pilates	Indri
	09:30						
	10:00	Spinning		B.K.A.	Michael	Power Yoga	Indri
	11:30	Zumba	Brigitte				
Zondag	09:00			Hyrox	Michael		
	10:00			Stretchless	Nadia		
	11:00	Body Pump	Ivo				
	12:00						
	13:00			Hyrox Youth	Ivo		