

## Lesrooster: Vanaf 24-8-2026

|          |             |                        |                |            |
|----------|-------------|------------------------|----------------|------------|
| Maandag  | 9:00-9:55   | Calisthenics           | Studio         | Ingrid     |
|          | 9:00-9:55   | Spinning               | Spinning zaal  | Dinja      |
|          | 10:00-10:30 | Core Power             | Budo zaal      | Dinja      |
|          | 10:00-10:55 | Body Pump              | Studio         | Regina     |
|          | 17:00-17:55 | Scholierenfitness      | Studio/Fitness | Leon       |
|          | 17:00-17:55 | Judo 12+               | Budo zaal      | Tarik      |
|          | 18:00-18:55 | Judo 6-12 jr beginners | Budo zaal      | Tarik      |
|          | 19:30-20:25 | Zumba                  | Studio         | Mylene     |
|          | 19:30-20:25 | Spinning               | Spinning zaal  | Marvin     |
|          | 19:30-20:25 | Nirvana                | Budo zaal      | Bianca     |
|          | 19:00-19:55 | Yin Yoga               | Kazernelaan    | Monique    |
| Dinsdag  | 20:20-22:00 | Karate Senioren        | Budo zaal      | Gert       |
|          | 9:00-9:55   | Low impact             | Studio         | Regina     |
|          | 9:00-09:55  | Spinning               | Spinning zaal  | Francoise  |
|          | 10:00-10:55 | Yin Yoga               | Kazernelaan    | Monique    |
|          | 11:00-11:55 | 50+ fitness            | Studio         | Jacqueline |
|          | 11:15-12:10 | (Yang) Yoga            | Kazernelaan    | Monique    |
|          | 12:00-12:55 | Fitness met beperking  | Fitness        | Jacqueline |
|          | 17:30-18:25 | Judo 6-12 jr           | Budo zaal      | Tarik      |
|          | 18:30-19:25 | Judo 12+/volwassenen   | Budo zaal      | Tarik      |
|          | 18:30-19:25 | Step gevorderden       | Studio         | Ingrid     |
|          | 18:30-19:25 | Spinning               | Spinning zaal  | Francoise  |
| Woensdag | 19:30-20:00 | Buik/core              | Spinning zaal  | Ingrid     |
|          | 19:30-20:25 | Body Combat            | Studio         | Tim        |
|          | 19:30-20:25 | Karate volwassenen     | Budo zaal      | Gert       |
|          | 20:30-22:00 | Judo vrije training    | Budo zaal      | Marco      |
|          | 19:30-20:30 | Bodybalance            | Kazernelaan    | Maria      |
|          | 20:30-21:25 | Body Pump              | Studio         | Ingrid     |
|          | 9:00-9:55   | Step basis             | Studio         | Ingrid     |
|          | 9:00-9:55   | Bootcamp               | IJzeren man    | Regina     |
|          | 9:00-9:55   | Spinning               | Spinning zaal  | Francoise  |
|          | 10:00-10:30 | Buik/Core              | Budo zaal      | Ingrid     |
|          | 10:00-10:55 | Body Pump              | Studio         | Tim        |
|          | 11:00-11:55 | 50+ fitness            | Studio         | Tim        |
|          | 17:00-18:00 | Scholierenfitness      | Studio/Fitness | Jill       |
|          | 18:00-18:55 | Judo 6-8 jr            | Budo zaal      | Jolien     |
|          | 19:00-19:55 | Zumba                  | Studio         | Regina     |
|          | 19:00-19:55 | Taekwon-Do             | Budo zaal      | Peter      |
|          | 19:00-19:55 | Spinning               | Spinning zaal  | Hamid      |
|          | 19:00-20:00 | Yin Yoga               | Kazernelaan    | Monique    |
|          | 20:00-20:55 | Body Power             | Studio         | Brigitte   |
|          | 20:00-20:55 | JiuJitsu               | Budo zaal      | Matteo     |

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|           |             |                         |                |           |
|-----------|-------------|-------------------------|----------------|-----------|
| Donderdag | 20:15-21:15 | Yin Yoga                | Kazernelaan    | Monique   |
|           | 9:00-9:55   | Bodypump                | Studio         | Ingrid    |
|           | 10:00-10:55 | Yin Yoga                | Kazernelaan    | Monique   |
|           | 10:00-10:55 | Pilates                 | Studio         | Regina    |
|           | 11:00-11:55 | 50+ fitness             | Studio         | Leon      |
|           | 11:15-12:15 | (Yang) Yoga             | Kazernelaan    | Monique   |
|           | 18:00-18:55 | Boksfit volwassenen     | Budo zaal      | Jan       |
|           | 18:30-19:25 | Zumba                   | Studio         | Mylene    |
|           | 18:30-19:25 | Karate jeugd tot 18 jr. | Budo zaal      | Gert      |
|           | 19:00-19:55 | Spinning                | Spinning zaal  | Marvin    |
| Vrijdag   | 19:00-19:55 | Bootcamp                | IJzeren man    | Brigitte  |
|           | 19:00-19:55 | Yin Yoga                | Kazernelaan    | Monique   |
|           | 19:30-20:25 | Bodyshape               | Studio         | Ingrid    |
|           | 20:00-20:55 | Spinning                | Spinning zaal  | Annelies  |
|           | 19:30-21:00 | Karate senioren         | Budo zaal      | Gert      |
|           | 9:15-10:10  | Spinning                | Spinning zaal  | Brigitte  |
|           | 9:30-10:25  | Yin Yoga                | Kazernelaan    | Monique   |
|           | 10:00-10:55 | Zumba                   | Studio         | Mylene    |
|           | 10:15-10:45 | Core Power              | Budo zaal      | Brigitte  |
|           | 11:00-11:55 | Nirvana                 | Studio         | Regina    |
| Zaterdag  | 10:45-11:40 | Yin Yoga                | Kazernelaan    | Monique   |
|           | 11:00-11:55 | 50+ fitness             | Budo zaal      | Brigitte  |
|           | 17:00-18:00 | Scholierenfitness       | Studio/Fitness | Job       |
|           | 17:30-18:25 | Judo 6-12 jr            | Budo zaal      | Bram      |
|           | 19:00-19:55 | Strong nation           | Studio         | Regina    |
|           | 19:30-20:25 | Jiu-jitsu               | Budo zaal      | Matteo    |
|           | 20:30-21:15 | Judo vrije training     | Budo zaal      | Matteo    |
|           | 9:00-9:55   | Step basis/calisthenics | Studio         | Angelique |
|           | 9:00-9:55   | Judo +12 jaar           | Budo zaal      | Bram      |
|           | 9:30-10:25  | Spinning                | Spinning zaal  | Thera     |
| Zondag    | 10:00-10:55 | Judo 6-12 jr            | Budo zaal      | Bram      |
|           | 10:00-10:55 | Bodypump                | Studio         | Ingrid    |
|           | 9:30-10:25  | Pilates                 | Studio         | Regina    |
|           | 9:15-10:45  | Spinning XL             | Spinning zaal  | Rob       |
|           | 10:30-11:25 | Zumba                   | Studio         | Regina    |