

LESROOSTER

Short Time Training

FITNESSLESSEN
Geldig vanaf 1 juli 2025

MA



CIRCUIT TRAINING

**10.00
FITNESS**



6 - PACK

**10.30
FITNESS**



CIRCUIT TRAINING

**14.00
FITNESS**



6 - PACK

**14.30
FITNESS**



CIRCUIT TRAINING

**19.00
FITNESS**



6 - PACK

**19.30
FITNESS**



HYROX

**20.00
FITNESS**

DI



CIRCUIT TRAINING

**19.00
FITNESS**



6 - PACK

**19.30
FITNESS**



HYROX

**20.00
FITNESS**

WO



CIRCUIT TRAINING

**10.00
FITNESS**



6 - PACK

**10.30
FITNESS**



CIRCUIT TRAINING

**19.00
FITNESS**



6 - PACK

**19.30
FITNESS**

DO



CIRCUIT TRAINING

**19.00
FITNESS**



6 - PACK

**19.30
FITNESS**

VRIJ



HYROX

**09.00
FITNESS**



CIRCUIT TRAINING

**10.00
FITNESS**



6 - PACK

**10.30
FITNESS**

ZA



CIRCUIT TRAINING

**10.00
FITNESS**



6 - PACK

**10.30
FITNESS**

ZO



CIRCUIT TRAINING

**10.00
FITNESS**



6 - PACK

**10.30
FITNESS**



HYROX

**11.00
FITNESS**