LESROOSTER

PERIODE
NOVEMBER 2026

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
			09:30 - 10:30 PILATES (ALL LEVELS) ZAAL 1			
10:00 - 10:45 WOD FUNCTIONAL AREA		**10:00 - 10:45** WOD FUNCTIONAL AREA	**10:30 - 11:30** PILATES (ALL LEVELS) ZAAL 1	**10:00 - 10:45** WOD FUNCTIONAL AREA	**10:00 - 11:00** SPINNING ZAAL 2	**10:00 - 11:00** PILATES (BEGINNERS) ZAAL 1
						11:00 - 12:00 PILATES (INTERMEDIATE)
19:15 - 20:00 WOD FUNCTIONAL AREA	**18:30 - 19:30** SPINNING ZAAL 2		**18:30 - 19:30** SPINNING ZAAL 2			
		19:15 - 20:00 WOD FUNCTIONAL AREA				
	19:30 - 20:15 PILATES ZAAL 1					
	20:15 - 21:15 YOGA ZAAL 1					

ANYTIME FITNESS

AMSTERDAM-NOORD

ANYTIME FITNESS