

LESROOSTER

PERIODE
2026

| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|---|--|---|---|--|------------------------------------|
| | | | | | | |
| 10:00 - 10:45 WOD FUNCTIONAL AREA | 10:00 - 10:45 WOD FUNCTIONAL AREA | | 10:00 - 10:45 WOD FUNCTIONAL AREA | 10:00 - 10:45 WOD FUNCTIONAL AREA | 10:00 - 11:00 SPINNING ZAAL 2 | 10:00 - 11:00 PILATES ZAAL 1 |
| | | 11:00 - 11:15 BUIKSPIERKWARTIER ZAAL 1 | | | 11:00 - 11:15 BUIKSPIERKWARTIER ZAAL 1 | |
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| 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 | 19:15 - 20:00 WOD FUNCTIONAL AREA | 19:00 - 20:00 DANCING ZAAL 1 | | | |
| | 19:30 - 20:15 PILATES ZAAL 1 | | 19:15 - 20:00 WOD FUNCTIONAL AREA | | | |
| | 20:15 - 21:15 YOGA ZAAL 1 | | | | | |

ANYTIME FITNESS

AMSTERDAM-NOORD

