

LESROOSTER THEO MEIJER SPORT LEUSDEN update 07-03-2020

30 minuten / Faster Fit

45 min

55 minuten

| MAANDAG | Z | DINSDAG | Z | WOENSDAG | Z | DONDERDAG | Z | VRIJDAG | Z | ZATERDAG | Z | ZONDAG | Z |
|--|----|--|------------------------|--|---|---------------------------------------|---|--|--------------|---------------------------------------|---|--|---|
| 1 = grote zaal boven | | | 2 = zaal naast fitness | | | S = spinningzaal boven | | | B = budozaal | | | | |
| | | | | 9:15 | | | | | | | | 9:00 | |
| | | | | LES MILLS Sprint | S | | | | | | | LES MILLS GRIT | 1 |
| | | | | 9:30 | | | | 9:30 | | | | 9:30 | |
| | | | | LES MILLS GRIT | 2 | | | LES MILLS GRIT | 2 | | | LES MILLS CXWORX | 1 |
| 10:00 | | 10:00 | | 10:00 | | 10:00 | | 10:00 | | | | | |
| LES MILLS CXWORX | 2 | LES MILLS CXWORX | 2 | LES MILLS CXWORX | 2 | LES MILLS CXWORX | 2 | LES MILLS CXWORX | 2 | | | | |
| | | 18:30 | | | | 18:30 | | | | | | | |
| | | LES MILLS GRIT | 2 | | | LES MILLS CXWORX | 2 | | | | | | |
| | | 19:00 | | | | 19:00 | | | | | | | |
| | | LES MILLS CXWORX | 2 | | | LES MILLS GRIT | 2 | | | | | | |
| | | LES MILLS Sprint | S | | | LES MILLS Sprint | S | | | | | | |
| | | | | 20:30 | | 20:00 | | | | | | | |
| | | | | LES MILLS SH'BAM | 1 | LES MILLS BODYATTACK | 1 | | | | | | |
| 9:00 | | 9:00 | | 9:00 | | 9:00 | | 9:00 | | 9:00 | | 9:00 | |
| LES MILLS BODYPUMP | 1 | LES MILLS RPM | S | SCULPTURE SHAPE | 1 | LES MILLS BODYPUMP | 1 | LES MILLS RPM | S | LES MILLS RPM | S | LES MILLS RPM | S |
| PILATES | ← | let op: 08.45 u | | | | PILATES | 2 | ZUMBA | 1 | LES MILLS BODYCOMBAT | 1 | YOGA | 2 |
| 9:00 | | 10:00 | | 10:00 | | 10:00 | | 10:00 | | 10:00 | | 10:00 | |
| FIFTY FIT | B2 | SHAPE | 1 | LES MILLS BODYPUMP | 1 | SHAPE | 1 | LES MILLS BODYBALANCE | 1 | | | LES MILLS BODYBALANCE | 1 |
| | | | | SPIN-50-FIT | S | | | | | | | BOKS & KICKFIT | 2 |
| 10:00 | | | | | | | | 10:30 | | | | 10:15 | |
| LES MILLS BODYBALANCE | 1 | | | | | | | BOKS & KICKFIT | 2 | | | SPIN-INN | S |
| | | | | | | | | | | | | 11:00 | |
| | | | | | | | | | | | | ZUMBA | 2 |
| 17:30 | | 18:00 | | 18:00 | | | | | | | | | |
| STREETDANCE | 2 | LES MILLS RPM | S | BOKS & KICKFIT | 2 | | | | | | | | |
| 18:15 | | | | | | | | | | | | | |
| BOKS & KICKFIT | 2 | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | |
| LES MILLS RPM | S | | | | | | | | | | | | |
| 19:00 | | 19:00 | | 19:00 | | 19:00 | | 19:00 | | 19:00 | | 19:00 | |
| LES MILLS BODYPUMP | 1 | LES MILLS BODYCOMBAT | 1 | | | LES MILLS BODYJAM | 1 | LES MILLS BODYPUMP | 1 | | | | |
| 19:15 | | | | 19:15 | | | | | | | | | |
| barre | 2 | | | LES MILLS BODYPUMP | 1 | | | | | | | | |
| | | | | LES MILLS BODYBALANCE | 2 | | | | | | | | |
| 19:45 | | 19:45 | | 19:45 | | 19:45 | | 19:45 | | 19:45 | | 19:45 | |
| LES MILLS RPM | S | LES MILLS RPM | S | LES MILLS RPM | S | LES MILLS RPM | S | LES MILLS RPM | S | | | | |
| | | SCULPTURE SHAPE | 2 | | | | | | | | | | |
| 20:00 | | 20:00 | | 20:00 | | 20:00 | | 20:00 | | 20:00 | | 20:00 | |
| LES MILLS BODYATTACK | 1 | ZUMBA | 1 | | | PILATES | 2 | BOKS & KICKFIT | 2 | | | | |
| 20:15 | | | | 20:15 | | | | | | | | | |
| BOKS & KICKFIT | 2 | | | STEP FIT | 2 | TRY OUT 5 mrt-23 apr | | | | | | | |
| | | 21:00 | | 21:00 | | | | | | | | | |
| | | LES MILLS BODYBALANCE | 1 | LES MILLS RPM | S | | | | | | | | |

Geopend Ma t/m Vr
7:00 - 24:00
Zaterdag 8:00 - 18:00
Zondag 8:30 - 23:00

Theo Meijer Sport
Locatie Leusden
Plantageweg 6
3833 AZ Leusden
T 033 4946409
W www.theomeijersport.nl
E info@theomeijersport.nl



One life, live it well

Locatie Amersfoort
Kosmonaut 8E
3824 WK Amersfoort
T 033 4567707
W www.theomeijersport.nl
E info@theomeijersport.nl

| | | MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG | |
|--------------------------------|---------------------------------|-----------------------------------|--------------------------------|----------------------------------|---|--------------------------------|-------------------------------------|--|--|
| FITNESS | 9:30 | | | | | | | | |
| | 10:00 | | | | | | | | |
| | 20:00 | | | | | | | | |
| | 16:30 | JUNIORFit | 8 -14 jr | JUNIORFit | 8 -14 jr | JUNIORFit | 8 -14 jr | | |
| | Fitness Begeleiding | 08.30 - 12.00 16.00 - 22.00 | 08.30 - 12.00 16.00 - 22.00 | 08.30 - 12.00 16.00 - 22.00 | 08.30 - 12.00 16.00 - 22.00 | 08.30 - 12.00 16.00 - 22.00 | 08.30 - 12.00 | 08.30 - 12.00 | |
| | Fitness open | 07.00 - 23.00 | 07.00 - 23.00 | 07.00 - 23.00 | 07.00 - 23.00 | 07.00 - 23.00 | 08.00 - 17.00 | 08.30 - 22.00 | |
| Budo 1 grote zaal boven | 16:00 - 17:00 | KICKBOKSEN JEUGD 6 t/m 12 jaar | | KICKBOKSEN 16:00 uur 6 t/m 9i | | | Fitness Budo & Jeugd | | |
| | 17:00 - 18:00 | | | 17:00 uur 10 t/m 13j | | JUDO 8 t/m 14 jaar | | | |
| | 18:00 - 19:00 | | | TAEKWONDO Bea. 6 t/m 12 jaar | | KARATE 6 t/m 10 jaar | | | |
| | 18:00 - 19:30 | JUDO JBN/RTC -15 jaar | | | | | | | |
| | 18:30 - 20:00 | | | | JUDO WEDSTRIJD Senior | | | | |
| | 19:00 - 20:00 | | | TAEKWONDO Gev. 13+ jaar | | | | | |
| | 19:30 - 21:15 | JUDO JBN/RTC 18 & ouder | | | | | | | |
| | 19:45 - 21:00 | | TAEKWONDO 13+ jaar | | | | | | |
| | 20:00 - 21:15 | | | KICKBOKSEN 14+ jaar | BU JITSU DO (Krav Maga) | | | | |
| | Budo 2 kleine zaal boven | 08:45 - 09:30 | | | | | | | |
| 09:30 - 10:30 | | | | | | | JUDO 6 t/m 7 jaar | | |
| 10:30 - 11:30 | | | | | | | JUDO 8 t/m 11 jaar | | |
| 14:45 - 15:30 | | | | TUIMELEN 4 tot 6 jaar | | | | | |
| 15:00 - 15:45 | | | | | | TUIMELEN 4 tot 6 jaar | | | |
| 15:45 - 16:30 | | TUIMELEN 4 tot 6 jaar | | | | | | | |
| 15:30 - 16:30 | | | | JUDO 6 t/m 7 jaar | | | | | |
| 15:45 - 16:45 | | | | | | JUDO 6 t/m 7 jaar | | | |
| 16:00 - 17:00 | | | JUDO WED - 8 jaar | | JUDO 8 t/m 10 jaar | | | | |
| 16:30 - 17:30 | | JUDO 6 t/m 7 jaar | | JUDO 8 t/m 11 jaar | | | | | |
| 17:45 - 19:00 | | | | | | KARATE 11 t/m 15 jaar | | | |
| 18:00 - 19:00 | | | | TAEKWONDO 6 t/m 12 jaar | | | | | |
| 18:15 - 19:30 | | | KARATE 11 t/m 15 jaar | | | | | | |
| 18:30 - 19:45 | | KICKBOKSEN 13+ Beginners | | | | | | | |
| 18:45 - 20:00 | | | | | JIU - JITSU +14 jaar | | | | |
| 19:00 - 20:00 | | | | KICKBOKSEN 14+ Beginners | | | | | |
| 19:00 - 20:30 | | | | | | KARATE 16+ jaar | | | |
| 19:30 - 20:45 | | | KARATE 16+ jaar | | | | | | |
| 20:00 - 21:30 | | | | AIKIDO Senior | | | | | |
| 20:00 - 21:15 | JIU - JITSU +14 jaar | | | | JUDO Recreatie | | | | |
| Buitenlocaties | 09:00 - 09:45 | | | | vanaf 7 maart tijdelijke aanpassing | 09.15 - 10.00 | TUIMELEN 4 tot 6 jaar | BUITENLOCATIES | |
| | 09:45 - 10:45 | | | | | 10.00 - 11.00 | JUDO 6+ jaar | Sporthal Corderius L.Heijnricstraat 23 Amersfoort | |
| | 10:45 - 11:45 | | | | | 11.00 - 12.00 | JUDO 6+ jaar | | |
| | 14:15 - 15:00 | | | TUIMELEN 4 tot 6 jaar | | | Gymzaal de Laak | Sporthal de Brink Wezeperberg 6 Amersfoort (Vathorst) | |
| | 15:00 - 16:00 | | | JUDO 6+ jaar | | | | | |
| | 14:30 - 15:30 | | | Woudenberg | | | | | |
| | 15:30 - 16:30 | | | JUDO 5-7 jaar | | | | Sporthal De Camp Bosrand 17 Woudenberg | |
| | 16:30 - 17:30 | | | JUDO 7-9 jaar | | | | | |
| | 15:45 - 16:30 | | TUIMELEN 4 tot 6 jaar | Vathorst (De Bron) | | | | Sporthal de Bron Oceaan 14 Amersfoort (Vathorst) | |
| | 16:30 - 17:30 | | JUDO 6-7 jaar | | | | | | |
| | 17:30 - 18:30 | | JUDO 8-11 jaar | | | | | | |
| | 16:00 - 17:00 | TUIMELEN 4 tot 6 jaar | Sporthal De Brink | | | | | Gymzaal de Laak Zwartsluitkade 2 Amersfoort | |
| | 17:00 - 18:00 | JUDO 6+ jaar | | | | | | | |
| | Sporthal Corderius | | | | | | | | |