

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	
				9:30				9:30				9:30	
				LES MILLS GRIT	2			LES MILLS GRIT	2			LES MILLS CXWORX	
10:00		10:00		10:00		10:00		10:00				Try-out periode 27-01 t/m 17-02	
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	2					PILATES	2		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	
													2
17:30		18:00		18:00									
STREETDANCE 9+	2	LES MILLS RPM	S	BOKS & KICKFIT	2								
18:15				18:15									
BOKS & KICKFIT	2				1								
18:45													
LES MILLS RPM	S												
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					
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					
LES MILLS BODYATTACK	1		1					BOKS & KICKFIT	2				
20:15				20:15									
BOKS & KICKFIT	2			STEP FIT	2								
		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

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One life, live it well

