

ROOSTER GROEPSLESSEN



WILLEMSSEN SPORT

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
7:00 HIIT Quick HIIT Studio	08:45 Boks Training Outdoor Fitness	7:00 HIIT Quick HIIT Studio	09:00 Reformer Fusion Reformer Studio	07:00 Reformer HIIT Reformer Studio	8:00 HIIT Quick HIIT Studio	8:45 Body Pump Studio 1
8:30 Pilates Body & Mind Studio	9:00 Reformer Classic Reformer Studio	8:45 BRN Studio 1	09:00 XCORE Studio 1	8:00 Pilates* Body & Mind Studio	8:45 Body Balance Body & Mind Studio	9:00 Family Fit Fun Tennisbaan
09:00 XCORE Studio 1	09:15 Combinetics Studio 1	9:00 HIIT Intense HIIT Studio	9:00 Small Group Training Outdoor Fitness	8:45 HIIT Intense HIIT Studio	9:00 Small Group Training Outdoor Fitness	9:30 Spinning Fun Spinning Studio
09:00 Reformer HIIT Reformer Studio	9:30 Yin Yoga Body & Mind Studio	9:00 Reformer Fusion Reformer Studio	9:00 Easy Flow Yoga Body & Mind Studio	9:00 Booty Workout Studio 1	9:00 BRN* Studio 1	9:30 Wisselende les Body & Mind Studio
9:30 Pilates Body & Mind Studio	10:15 Vitaliteitsles 50+ Studio 1	9:00 Spinning Easy Go Spinning Studio	10:00 Pilates Body & Mind Studio	9:00 Body Balance Body & Mind Studio	9:30 Reformer Fusion Reformer Studio	9:45 HIIT Intense HIIT Studio
10:15 Vitaliteitsles 50+ Studio 1	14:00 Vitaliteitsles 50+ Studio 1	9:15 Yoga Body & Mind Studio	14:00 Small Group Training Outdoor Fitness	9:00 Spinning Flow Spinning Studio	10:00 Small Group Training Outdoor Fitness	10:00 XCORE/BRN Studio 1
10:30 Yin Yoga Body & Mind Studio	18:00 Jeugd Fitness Fitness	9:45 Body Pump Studio 1	18:00 Jeugd Fitness Fitness	10:00 Pilates Body & Mind Studio	10:00 BRN Studio 1	10:00 Zumba Studio 2
18:00 Jeugd Fitness Outdoor Fitness	18:30 Qi Gong Body & Mind Studio	10:15 Pilates Body & Mind Studio	19:00 HIIT Intense Reformer Studio	10:00 XCORE Studio 1	10:00 Spinning Dance Spinning Studio	10:30 Wisselende les Body & Mind Studio
18:15 Body Pump* Studio 1	18:30 Reformer Fusion Reformer Studio	13:00 Yoga Body & Mind Studio	19:00 Small Group Training Outdoor Fitness	14:00 Vitaliteitsles 50+ Studio 1	11:00 Body Pump Studio 1	10:30 Spinning Fun Spinning Studio
19:00 Pilates Body & Mind Studio	19:00 HIIT Intense Reformer Studio	18:00 Jeugd Fitness Fitness	19:30 Body Shape Studio 1	17:00 Boks Training Outdoor Fitness		
19:00 Small Group Training Outdoor Fitness	19:30 Flow Yoga Body & Mind Studio	19:00 Reformer Fusion Reformer Studio	19:30 Yin Yoga Body & Mind Studio			
19:00 Reformer Classic Reformer Studio	19:00 Body Jam Studio 1	19:15 Pilates Body & Mind Studio	19:30 Spinning Dance* Spinning Studio			
19:30 HIIT Intense HIIT Studio	20:00 XCORE Studio 1	19:30 Boks Training Outdoor Fitness	20:00 Reformer HIIT Reformer Studio			
19:30 Zumba Studio 2		19:30 BRN Studio 1	20:30 Body Pump Studio 1			
19:30 Body Pump Studio 1		19:30 HIIT Intense HIIT Studio	20:30 Body Balance Body & Mind Studio			
19:30 Spinning Dance Spinning Studio		19:30 Spinning Flow Spinning Studio				
20:00 Boks Training* Outdoor Fitness		19:45 Zumba Studio 2				
20:00 Reformer Fusion Reformer Studio		20:15 Body Balance Body & Mind Studio				
20:00 Body Balance Body & Mind Studio		20:30 Body Pump Studio 1				
20:30 BRN Studio 1						

*Tijdelijke les t/m 01 juni 2026

Versie 5 april 2026