

ROOSTER GROEPSLESSEN



WILLEMSSEN SPORT

MAANDAG	DINSdag	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
07:00 HIIT Quick HIIT Studio	08:45 Boks Workout Outdoor Fitness	07:00 HIIT Quick HIIT Studio	09:00 XCORE Studio 1	08:45 HIIT Intense HIIT Studio	08:00 HIIT Quick HIIT Studio	8:45 Body Pump Studio 1
08:30 Pilates Body & Mind Studio	09:00 Reformer Classic Reformer Studio	08:45 BRN Studio 1	09:00 Small Group Training Outdoor Fitness	09:00 Booty Workout Studio 1	08:45 Body Balance Body & Mind Studio	9:00 Family Fit Fun Tennisbaan
09:00 Reformer HIIT Reformer Studio	09:15 Combinetics Studio 1	09:00 HIIT Intense HIIT Studio	09:00 Easy Flow Yoga Body & Mind Studio	09:00 Body Balance Body & Mind Studio	09:00 Small Group Training Outdoor Fitness	9:30 Spinning Fun Spinning Studio
09:30 Pilates Body & Mind Studio	09:30 Yin Yoga Body & Mind Studio	09:00 Reformer Fusion Reformer Studio	10:00 Reformer Fusion Reformer Studio	09:00 Spinning Flow Spinning Studio	09:00 BRN Studio 1	09:30 Yoga/Pilates Body & Mind Studio
10:15 Vitaliteitsles 50+ Studio 1	10:15 Vitaliteitsles 50+ Studio 1	09:00 Spinning Easy Go Spinning Studio	10:00 Pilates Body & Mind Studio	09:00 Fitness Race Training Outdoor fitness	09:30 Reformer Fusion Reformer Studio	9:45 HIIT Intense HIIT Studio
10:30 Yin Yoga Body & Mind Studio	14:00 Vitaliteitsles 50+ Studio 1	09:15 Yoga Body & Mind Studio	14:00 Small Group Training Outdoor Fitness	10:00 Pilates Body & Mind Studio	10:00 BRN Studio 1	10:00 XCORE/BRN Studio 1
12:30 Fitness Race Training Outdoor Fitness	18:00 Jeugd Fitness Fitness	09:45 Body Pump Studio 1	18:00 Jeugd Fitness Fitness	10:00 XCORE Studio 1	10:00 Fitness Race Training Outdoor Fitness	10:00 Zumba Studio 2
18:00 Fitness Race Training Outdoor Fitness	18:30 Qi Gong Body & Mind Studio	10:15 Pilates Body & Mind Studio	19:00 HIIT Intense HIIT Studio	11:00 Reformer Fusion Reformer Studio	10:00 Spinning Dance Spinning Studio	10:30 Body Balance Body & Mind Studio
18:00 Jeugd Fitness Outdoor Fitness	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 Workout Outdoor Fitness	Versie 14 september 2026	
19:00 Small Group Training Outdoor Fitness	19:00 Body Jam Studio 1	19:00 Reformer Fusion Reformer Studio	19:30 Yin Yoga Body & Mind Studio			
19:00 Reformer Classic Reformer Studio	19:30 Flow Yoga Body & Mind Studio	19:15 Pilates Body & Mind Studio	20:00 Reformer HIIT Reformer Studio			
19:30 HIIT Intense HIIT Studio	19:30 Fitness Race Training Outdoor Fitness	19:30 Boks Workout Outdoor Fitness	20:00 Fitness Race Training Outdoor fitness			
19:30 Zumba Studio 2	20:00 XCORE Studio 1	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 Workout 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						

Versie 14 september 2026