

LESROOSTER

Short Time Training

FITNESSLESSEN
Geldig vanaf 3 februari 2025

MA



CIRCUIT TRAINING
10.00
FITNESS



6 - PACK
10.30
FITNESS



CIRCUIT TRAINING
14.00
FITNESS



6 - PACK
14.30
FITNESS



CIRCUIT TRAINING
19.00
FITNESS



6 - PACK
19.30
FITNESS



HYROX
20.00
FITNESS

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CIRCUIT TRAINING
19.00
FITNESS



6 - PACK
19.30
FITNESS



HYROX
20.00
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CIRCUIT TRAINING
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FITNESS



6 - PACK
10.30
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CIRCUIT TRAINING
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6 - PACK
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FITNESS

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CIRCUIT TRAINING
19.00
FITNESS



6 - PACK
19.30
FITNESS



HYROX
20.00
FITNESS

VRIJ



HYROX
09.00
FITNESS



CIRCUIT TRAINING
10.00
FITNESS



6 - PACK
10.30
FITNESS

ZA



CIRCUIT TRAINING
10.00
FITNESS



6 - PACK
10.30
FITNESS



HYROX
11.00
FITNESS

ZO



CIRCUIT TRAINING
10.00
FITNESS



6 - PACK
10.30
FITNESS