

# LESROOSTER | 19 t/m 30 november 2020

|       | MAANDAG                     | DINSDAG                         | WOENSDAG                        | DONDERDAG                   | VRIJDAG                 | ZATERDAG                | ZONDAG                          |
|-------|-----------------------------|---------------------------------|---------------------------------|-----------------------------|-------------------------|-------------------------|---------------------------------|
| 09:00 | FUNXTION 30'<br>Renkum      | BODYPUMP<br>Renkum              | BODYBALANCE<br>Renkum   Outdoor | BODYPUMP<br>Renkum          | BODYPUMP<br>Renkum      | RPM<br>Heteren          |                                 |
|       | BODYBALANCE<br>Renkum       |                                 | BODYPUMP<br>Heteren             |                             |                         |                         |                                 |
| 09:15 |                             |                                 | FUNXTION 30'<br>Renkum          |                             | BODYBALANCE<br>Heteren  |                         | BOOTCAMP 30'<br>Heteren         |
| 09:30 | RPM<br>Heteren              |                                 |                                 | XCORE<br>Heteren            | FUNXTION 30'<br>Renkum  |                         | BODYATTACK<br>Renkum   Outdoor  |
| 10:00 | FUNXTION 30'<br>Renkum      |                                 | XCORE<br>Renkum   Outdoor       |                             |                         | BODYSTEP<br>Renkum      | RPM<br>Heteren                  |
| 10:15 | PILATES<br>Renkum           | FUNXTION 30'<br>Renkum          | YOGA<br>Heteren                 | FUNXTION 30'<br>Renkum      | PILATES<br>Heteren      | BODYPUMP<br>Heteren     | BODYPUMP<br>Renkum              |
|       |                             |                                 |                                 |                             | YOGA<br>Renkum          |                         | FUNXTION 30'<br>Renkum          |
| 10:30 | XCORE<br>Renkum   Outdoor   |                                 |                                 |                             |                         |                         |                                 |
| 10:45 |                             |                                 |                                 |                             |                         |                         | BODYBALANCE<br>Renkum   Outdoor |
| 11:30 |                             |                                 |                                 |                             |                         | BOOTCAMP 30'<br>Heteren | XCORE<br>Renkum                 |
| 17:15 | BOOTCAMP 30'<br>Heteren     |                                 | BOOTCAMP 30'<br>Heteren         |                             |                         |                         |                                 |
| 18:00 |                             | BOOTCAMP 30'<br>Heteren         |                                 | BODYPUMP<br>Renkum          |                         |                         |                                 |
| 18:30 | BODYPUMP<br>Heteren         | BODYPUMP<br>Renkum              | RPM<br>Heteren                  |                             | RPM<br>Heteren          |                         |                                 |
| 18:45 | BOOTCAMP 30'<br>Heteren     |                                 |                                 |                             |                         |                         |                                 |
|       | BODYPUMP<br>Renkum          |                                 |                                 |                             |                         |                         |                                 |
| 19:00 | FUNXTION 30'<br>Renkum      | XCORE<br>Heteren                | FUNXTION 30'<br>Renkum          | BODYBALANCE<br>Heteren      | XCORE<br>Renkum         |                         |                                 |
|       |                             |                                 | TAEKWONDO<br>Renkum             |                             |                         |                         |                                 |
| 19:15 | PILATES<br>Renkum   Outdoor |                                 | BODYPUMP<br>Renkum              | SH'BAM<br>Renkum            |                         |                         |                                 |
| 19:30 |                             | FUNXTION 30'<br>Renkum          |                                 | YOGA<br>Renkum   Outdoor    | BOOTCAMP 30'<br>Heteren |                         |                                 |
| 19:45 | RPM<br>Heteren              | BODYSTEP<br>Renkum              | RPM<br>Heteren                  | FUNXTION 30'<br>Renkum      |                         |                         |                                 |
|       |                             | FIT BOXING<br>Renkum            | BOOTCAMP 30'<br>Heteren         |                             |                         |                         |                                 |
| 20:00 | SH'BAM<br>Renkum            | RPM<br>Heteren                  | BODYCOMBAT<br>Renkum   Outdoor  | BODYPUMP<br>Heteren         | TAEKWONDO<br>Renkum     |                         |                                 |
| 20:15 |                             |                                 | JIU-JITSU<br>Renkum             | XCORE<br>Renkum             | BOOTCAMP 30'<br>Heteren |                         |                                 |
| 20:30 |                             | BODYBALANCE<br>Renkum   Outdoor |                                 | PILATES<br>Renkum   Outdoor |                         |                         |                                 |

## JEUGDLESSEN

|       | MAANDAG                    | DINSDAG                           | WOENSDAG                   | DONDERDAG              | VRIJDAG                     | ZATERDAG | ZONDAG |
|-------|----------------------------|-----------------------------------|----------------------------|------------------------|-----------------------------|----------|--------|
| 15:00 |                            |                                   | JUDO<br>4 t/m 5 jaar       |                        |                             |          |        |
| 16:00 | JUDO<br>7 t/m 9 jaar       | JUDO<br>8 t/m 11 jaar             | JUDO<br>6 t/m 7 jaar       | JUDO<br>9 t/m 11 jaar  |                             |          |        |
|       | BOOTCAMP<br>6 t/m 9 jaar   |                                   | BOOTCAMP<br>6 t/m 9 jaar   |                        |                             |          |        |
| 17:00 | BOOTCAMP<br>10 t/m 15 jaar |                                   | BOOTCAMP<br>10 t/m 15 jaar | JUDO<br>13 t/m 17 jaar |                             |          |        |
| 18:00 |                            |                                   | TAEKWONDO<br>8 t/m 12 jaar |                        | TAEKWONDO<br>6 t/m 9 jaar   |          |        |
| 18:30 |                            | KICKBOXING<br>13 jaar t/m 17 jaar |                            |                        |                             |          |        |
| 19:00 |                            |                                   |                            |                        | TAEKWONDO<br>13 t/m 17 jaar |          |        |

## OPENINGSTIJDEN

|                      |                   |                                       |
|----------------------|-------------------|---------------------------------------|
|                      | <b>Renkum</b>     | <b>Heteren</b>                        |
| Maandag t/m vrijdag: | 08:00 - 22:15 uur | 08:45 - 12:30 uur   16:15 - 21:30 uur |
| Zaterdag en zondag:  | 09:00 - 14:00 uur | 08:45 - 12:30 uur                     |

### Kinderopvang

Maandag en woensdag: 08:45 - 11:15 uur

- Vooraf reserveren is verplicht voor alle activiteiten: fitness, eGym, FunXtion, squash en alle (virtuele) groepslessen
- Reserveren kan via onze Sportivity app of telefonisch tijdens onze openingstijden
- Zonder reservering geen toegang!

Kijk voor meer informatie en het protocol op: [sjabbens.nl/veilig-sporten](https://sjabbens.nl/veilig-sporten)

# LES MILLS VIRTUAL | 19 t/m 30 november 2020

## RENKUM

|       | MAANDAG                      | DINSDAG                      | WOENSDAG                     | DONDERDAG                    | VRIJDAG                      | ZATERDAG                  | ZONDAG                      |
|-------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|---------------------------|-----------------------------|
| 08:15 | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45'    | BODYBALANCE<br>virtual   45' | BODYPUMP<br>virtual   45'    |                           |                             |
| 09:15 | RPM<br>virtual   45'         | RPM<br>virtual   45'         | RPM<br>virtual   45'         | BODYPUMP<br>virtual   45'    | SH'BAM<br>virtual   45'      |                           | BODYPUMP<br>virtual   45'   |
| 10:30 | SH'BAM<br>virtual   45'      | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45'    | RPM<br>virtual   45'         | BODYBALANCE<br>virtual   45' | RPM<br>virtual   45'      | RPM<br>virtual   45'        |
| 11:30 | BODYBALANCE<br>virtual   45' | RPM<br>virtual   45'         | RPM<br>virtual   45'         | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45' | BODYCOMBAT<br>virtual   45' |
| 12:30 | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45'    | RPM<br>virtual   45'         | RPM<br>virtual   45'         | BODYPUMP<br>virtual   45' | BODYPUMP<br>virtual   45'   |
| 13:30 | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  |                           |                             |
| 14:30 | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  |                           |                             |
| 15:30 | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  | <b>LesMILLS</b><br>ONDEMAND  |                           |                             |
| 17:00 | RPM<br>virtual   45'         | BODYBALANCE<br>virtual   45' | RPM<br>virtual   45'         | BODYPUMP<br>virtual   45'    | RPM<br>virtual   45'         |                           |                             |
| 18:00 | SPRINT<br>virtual   30'      |                              | BODYBALANCE<br>virtual   45' | RPM<br>virtual   45'         | BODYPUMP<br>virtual   45'    |                           |                             |
| 18:30 | BODYPUMP<br>virtual   45'    | BODYPUMP<br>virtual   45'    |                              |                              |                              |                           |                             |
| 19:00 |                              |                              | RPM<br>virtual   45'         | SPRINT<br>virtual   30'      | BODYBALANCE<br>virtual   45' |                           |                             |
| 19:30 | RPM<br>virtual   45'         | RPM<br>virtual   45'         |                              |                              |                              |                           |                             |
| 20:00 |                              |                              | SH'BAM<br>virtual   45'      | RPM<br>virtual   45'         | BODYPUMP<br>virtual   45'    |                           |                             |
| 20:30 | RPM<br>virtual   45'         | BODYCOMBAT<br>virtual   45'  |                              |                              |                              |                           |                             |
| 21:00 |                              |                              | BODYPUMP<br>virtual   45'    | BODYBALANCE<br>virtual   45' | BODYCOMBAT<br>virtual   45'  |                           |                             |
| 21:30 | BODYPUMP<br>virtual   45'    | BODYBALANCE<br>virtual   45' |                              |                              |                              |                           |                             |

## HETEREN

|       | MAANDAG                   | DINSDAG                   | WOENSDAG                  | DONDERDAG                 | VRIJDAG                   | ZATERDAG | ZONDAG                    |
|-------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|----------|---------------------------|
| 09:00 |                           | BODYPUMP<br>virtual   45' |                           |                           |                           |          | BODYPUMP<br>virtual   45' |
| 10:00 |                           | RPM<br>virtual   45'      |                           |                           |                           |          |                           |
| 11:00 | BODYPUMP<br>virtual   45' | BODYPUMP<br>virtual   45' |                           | BODYPUMP<br>virtual   45' |                           |          | BODYPUMP<br>virtual   45' |
| 17:00 | RPM<br>virtual   45'      | RPM<br>virtual   45'      | BODYPUMP<br>virtual   45' | RPM<br>virtual   45'      | BODYPUMP<br>virtual   45' |          |                           |
| 18:00 |                           | BODYPUMP<br>virtual   45' |                           |                           |                           |          |                           |

## OPENINGSTIJDEN

|                      | Renkum            | Heteren                               |
|----------------------|-------------------|---------------------------------------|
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