

# ROOSTERS

VANAF 31 AUGUSTUS 2026

## GROEPSLESSEN

|       | MAANDAG                                             | DINSDAG                                       | WOENSDAG                                             | DONDERDAG                                      | VRIJDAG                                        | ZATERDAG                                    | ZONDAG                                        |
|-------|-----------------------------------------------------|-----------------------------------------------|------------------------------------------------------|------------------------------------------------|------------------------------------------------|---------------------------------------------|-----------------------------------------------|
| 09:00 | <b>PILATES</b><br>Renkum   Studio 1   60'           | <b>BODYPUMP</b><br>Renkum   Studio 1   50'    | <b>BODYBALANCE</b><br>Renkum   Studio 1   60'        | <b>BODYPUMP</b><br>Renkum   Studio 1   50'     | <b>BODYPUMP</b><br>Renkum   Studio 1   50'     |                                             | <b>BODYATTACK</b><br>Renkum   Studio 1   60'  |
|       | <b>CIRCUIT</b><br>Renkum   Fitness   30'            |                                               | <b>BODYPUMP</b><br>Heteren   Studio 1   50'          |                                                | <b>BODYBALANCE</b><br>Heteren   Studio 1   60' | <b>CIRCUIT</b><br>Renkum   Fitness   60'    |                                               |
| 09:30 | <b>FUNXTION</b><br>Renkum   Fitness   30'           |                                               | <b>FUNXTION</b><br>Renkum   Fitness   30'            | <b>HYROX</b><br>Heteren   Fitness   45'        | <b>FUNXTION</b><br>Renkum   Fitness   30'      |                                             | <b>FUNXTION</b><br>Renkum   Fitness   30'     |
|       | <b>RPM</b><br>Renkum   Cycle   45'                  |                                               | <b>SCLP CYCLE</b><br>Renkum   Cycle   45'            |                                                |                                                |                                             |                                               |
|       | <b>BOOTCAMP</b><br>Heteren   Fitness   30'          | <b>BOOTCAMP</b><br>Heteren   Fitness   30'    | <b>BOOTCAMP</b><br>Heteren   Fitness   30'           |                                                | <b>BOOTCAMP</b><br>Heteren   Fitness   30'     |                                             | <b>BOOTCAMP</b><br>Heteren   Fitness   30'    |
| 10:00 |                                                     | <b>FUNXTION</b><br>Renkum   Fitness   30'     | <b>YOGA</b><br>Heteren   Studio 2   60'              | <b>FUNXTION</b><br>Renkum   Fitness   30'      | <b>YOGA</b><br>Renkum   Studio 1   60'         | <b>BODYSTEP</b><br>Renkum   Studio 1   55'  | <b>RPM</b><br>Heteren   Studio 1   45'        |
|       |                                                     |                                               |                                                      |                                                |                                                | <b>BODYPUMP</b><br>Heteren   Studio 1   50' |                                               |
| 10:15 | <b>BODYBALANCE</b><br>Renkum   Studio 2   60'       |                                               |                                                      |                                                | <b>PILATES</b><br>Heteren   Studio 1   60'     | <b>RPM</b><br>Renkum   Cycle   45'          | <b>BODYPUMP</b><br>Renkum   Studio 1   50'    |
| 10:30 | <b>XCORE</b><br>Renkum   Studio 1   45'             |                                               | <b>XCORE</b><br>Renkum   Studio 1   45'              |                                                |                                                |                                             | <b>BODYBALANCE</b><br>Renkum   Studio 2   60' |
| 11:30 |                                                     |                                               |                                                      |                                                |                                                |                                             | <b>XCORE</b><br>Renkum   Studio 1   45'       |
| 14:30 |                                                     |                                               |                                                      | <b>65+ FITNESS</b><br>Renkum   Fitness   60'   |                                                |                                             |                                               |
| 18:00 | <b>BODYPUMP</b><br>Renkum   Studio 2   50'          | <b>BOXING</b><br>Renkum   Studio 2   60'      |                                                      | <b>BODYPUMP</b><br>Renkum   Studio 1   50'     |                                                |                                             |                                               |
| 18:30 | <b>RPM</b><br>Heteren   Studio 1   45'              | <b>BODYPUMP</b><br>Renkum   Studio 1   50'    | <b>RPM</b><br>Heteren   Studio 1   45'               | <b>HYROX</b><br>Heteren   Fitness   45'        | <b>RPM</b><br>Heteren   Studio 1   45'         |                                             |                                               |
|       | <b>BOOTCAMP</b><br>Heteren   Fitness   30'          | <b>HYROX</b><br>Heteren   Fitness   45'       |                                                      |                                                |                                                |                                             |                                               |
| 19:00 | <b>PILATES</b><br>Renkum   Studio 1   60'           | <b>XCORE</b><br>Heteren   Studio 1   45'      | <b>BODYPUMP</b><br>Renkum   Studio 1   50'           | <b>XCORE</b><br>Renkum   Studio 1   45'        |                                                |                                             |                                               |
|       |                                                     | <b>KICKBOXFIT</b><br>Renkum   Studio 2   60'  | <b>TAEKWONDO</b><br>Renkum   Studio 2   60'          | <b>YOGA</b><br>Renkum   Studio 2   60'         |                                                |                                             |                                               |
|       | <b>SCLP CYCLE</b><br>Renkum   Cycle   45'           |                                               | <b>RPM</b><br>Renkum   Cycle   45'                   | <b>SCLP CYCLE</b><br>Renkum   Cycle   45'      |                                                |                                             |                                               |
| 19:30 | <b>HYROX</b><br>Renkum   Fitness   45'              | <b>FUNXTION</b><br>Renkum   Fitness   30'     | <b>HYROX</b><br>Renkum   Fitness   45'               | <b>FUNXTION</b><br>Renkum   Fitness   30'      | <b>KATORI</b><br>Renkum   Studio 2   60'       |                                             |                                               |
|       | <b>JIU-JITSU</b><br>Renkum   Studio 2   60'         | <b>BODYSTEP</b><br>Renkum   Studio 1   55'    | <b>DANCE &amp; SHAPE</b><br>Heteren   Studio 1   60' | <b>BODYBALANCE</b><br>Heteren   Studio 1   60' | <b>BOOTCAMP</b><br>Heteren   Fitness   30'     |                                             |                                               |
|       |                                                     | <b>RPM</b><br>Renkum   Cycle   45'            | <b>BOOTCAMP</b><br>Heteren   Fitness   30'           |                                                |                                                |                                             |                                               |
| 19:45 | <b>BODYPUMP</b><br>Heteren   Studio 1   50'         |                                               |                                                      |                                                |                                                |                                             |                                               |
| 20:00 | <b>DANCE &amp; SHAPE</b><br>Renkum   Studio 1   50' | <b>BODYPUMP</b><br>Heteren   Studio 1   50'   | <b>BODYCOMBAT</b><br>Renkum   Studio 1   60'         | <b>PILATES</b><br>Renkum   Studio 1   60'      |                                                |                                             |                                               |
| 20:30 |                                                     | <b>BODYBALANCE</b><br>Renkum   Studio 1   60' |                                                      |                                                |                                                |                                             |                                               |

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## JEUGDLESSEN

|       | MAANDAG                                        | DINSDAG                                | WOENSDAG                                      | DONDERDAG                             | VRIJDAG | ZATERDAG | ZONDAG |
|-------|------------------------------------------------|----------------------------------------|-----------------------------------------------|---------------------------------------|---------|----------|--------|
| 15:00 |                                                |                                        | <b>JUDO</b><br>Renkum   4 t/m 6 jr.           |                                       |         |          |        |
| 16:00 | <b>JUDO</b><br>Renkum   9 t/m 12 jr.           | <b>JUDO</b><br>Renkum   8 t/m 10 jr.   | <b>JUDO</b><br>Renkum   7 t/m 8 jr.           |                                       |         |          |        |
|       | <b>JEUGD FITNESS</b><br>Renkum   6 t/m 11 jr.  |                                        |                                               |                                       |         |          |        |
| 17:00 | <b>JEUGD FITNESS</b><br>Renkum   12 t/m 16 jr. | <b>BOXING</b><br>Renkum   8 t/m 12 jr. | <b>JEUGD FITNESS</b><br>Renkum   9 t/m 15 jr. | <b>JUDO</b><br>Renkum   12 t/m 17 jr. |         |          |        |
| 18:00 |                                                | <b>BOXING</b><br>Renkum   vanaf 13 jr. |                                               |                                       |         |          |        |
| 19:00 |                                                |                                        | <b>TAEKWONDO</b><br>Renkum   vanaf 13 jr.     |                                       |         |          |        |

## VIRTUEEL RENKUM

|       | MAANDAG                             | DINSDAG                             | WOENSDAG                            | DONDERDAG                           | VRIJDAG                             | ZATERDAG                            | ZONDAG                              |
|-------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 08:30 | <b>BODYPUMP</b><br>Virtual   45'    | <b>BODYBALANCE</b><br>Virtual   45' | <b>BODYPUMP</b><br>Virtual   45'    | <b>BODYBALANCE</b><br>Virtual   45' | <b>BODYPUMP</b><br>Virtual   45'    |                                     |                                     |
| 09:30 | <b>DANCE</b><br>Virtual   45'       | <b>RPM</b><br>Virtual   45'         | <b>BODYATTACK</b><br>Virtual   45'  | <b>RPM</b><br>Virtual   45'         | <b>XCORE</b><br>Virtual   45'       | <b>BODYBALANCE</b><br>Virtual   45' | <b>BODYCOMBAT</b><br>Virtual   45'  |
| 10:30 | <b>RPM</b><br>Virtual   45'         | <b>XCORE</b><br>Virtual   45'       | <b>RPM</b><br>Virtual   45'         | <b>BODYPUMP</b><br>Virtual   45'    | <b>RPM</b><br>Virtual   45'         | <b>RPM</b><br>Virtual   45'         | <b>BODYBALANCE</b><br>Virtual   45' |
| 11:30 | <b>BODYBALANCE</b><br>Virtual   45' | <b>RPM</b><br>Virtual   45'         | <b>BODYPUMP</b><br>Virtual   45'    | <b>RPM</b><br>Virtual   45'         | <b>BODYATTACK</b><br>Virtual   45'  | <b>XCORE</b><br>Virtual   45'       | <b>RPM</b><br>Virtual   45'         |
| 12:30 | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>BODYPUMP</b><br>Virtual   45'    | <b>BODYPUMP</b><br>Virtual   45'    |
| 13:30 | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        |                                     |                                     |
| 14:30 | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        |                                     |                                     |
| 15:30 | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        |                                     |                                     |
| 16:30 | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        | <b>LES MILLS</b><br>ONDEMAND        |                                     |                                     |
| 18:00 | <b>BODYBALANCE</b><br>Virtual   45' | <b>XCORE</b><br>Virtual   45'       | <b>BODYBALANCE</b><br>Virtual   45' | <b>RPM</b><br>Virtual   45'         | <b>BODYPUMP</b><br>Virtual   45'    |                                     |                                     |
| 19:00 |                                     | <b>RPM</b><br>Virtual   45'         | <b>BODYATTACK</b><br>Virtual   45'  | <b>DANCE</b><br>Virtual   45'       | <b>BODYBALANCE</b><br>Virtual   45' |                                     |                                     |
| 20:00 |                                     | <b>BODYPUMP</b><br>Virtual   45'    | <b>RPM</b><br>Virtual   45'         | <b>BODYPUMP</b><br>Virtual   45'    | <b>BODYCOMBAT</b><br>Virtual   45'  |                                     |                                     |

## VIRTUEEL HETEREN

|       | MAANDAG                      | DINSDAG                      | WOENSDAG                     | DONDERDAG                    | VRIJDAG                      | ZATERDAG                    | ZONDAG                           |
|-------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|-----------------------------|----------------------------------|
| 09:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                              | <b>LES MILLS</b><br>ONDEMAND |                              | <b>RPM</b><br>Virtual   45' | <b>BODYPUMP</b><br>Virtual   45' |
| 10:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                              | <b>LES MILLS</b><br>ONDEMAND |                              |                             |                                  |
| 11:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                              | <b>LES MILLS</b><br>ONDEMAND |                              |                             |                                  |
| 12:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                             |                                  |
| 13:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                             |                                  |
| 14:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                             |                                  |
| 15:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                             |                                  |
| 16:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                             |                                  |
| 17:00 | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND | <b>LES MILLS</b><br>ONDEMAND |                             |                                  |

## OPENINGSTIJDEN

|                        |                    |
|------------------------|--------------------|
|                        | <b>Renkum</b>      |
| Maandag t/m donderdag: | 08:00 - 22:00 uur  |
| Vrijdag:               | 08:00 - 21:00 uur  |
| Zaterdag en zondag:    | 08:45 - 14:00 uur  |
| <b>Kinderopvang</b>    |                    |
| Maandag en woensdag:   | 08:45 - 11:15 uur  |
|                        | <b>Heteren</b>     |
| Maandag t/m zondag:    | 06:00 - 23:00 uur* |

\*Uren waarop begeleiding aanwezig is

|                        |                                       |
|------------------------|---------------------------------------|
| Maandag t/m donderdag: | 08:30 - 12:00 uur / 18:00 - 21:30 uur |
| Vrijdag:               | 08:30 - 12:00 uur / 16:00 - 20:00 uur |
| Zaterdag en zondag:    | 08:30 - 12:00 uur                     |

Wil je buiten de bemande uren\* komen sporten in Heteren? Dan dien je vooraf akkoord te gaan met de voorwaarden en een acceptatie formulier onbemand sporten te hebben ondertekend. Kijk op: [www.sjabbens.nl/onbemand-sporten](http://www.sjabbens.nl/onbemand-sporten)

**Vooraf reserveren is verplicht voor alle (virtuele) groepslessen, eGym en squash**

- Reserveren kan via onze Sportivity app of telefonisch tijdens onze openingstijden
- Reserveren kan maximaal 3 dagen (72 uur) van tevoren
- Kun je na reservering toch niet komen? Meld je dan op tijd af zodat je plaats weer vrij komt voor andere sporters!

