

# LESROOSTER LEUSDEN VOLWASSENEN 2025

| MAANDAG                  | DINSDAG           | WOENSDAG                 | DONDERDAG         | VRIJDAG                  | ZATERDAG                |
|--------------------------|-------------------|--------------------------|-------------------|--------------------------|-------------------------|
| 08.00 PILATES flow 2     | 09.00 RPM S       | 09.00 SPRINT S           | 09.00 BODYPUMP 1  | 08.00 RPM S              | 09.00 RPM S             |
| 09.00 BODYPUMP 1         | 10.00 BodyShape 1 | 09.45 RPM MIX S          | 09.00 PILATES 2   | 09.00 RPM S              | 10.15 Sprint S          |
| 09.00 PILATES 2          |                   | 09.00 <b>HIIT</b> 2      | 10.15 BodyShape 1 | 08.45 YOGA 2             | 09.00 BODYCOMBAT 1      |
| 10.00 BODYBALANCE 1      |                   | 09.00 GRIT BARBELL 1     |                   | 09.00 ZUMBA 1            | 09.00 Grap-dril-spar B2 |
| 10.00 Bokszak-training B |                   | 09.00 Bokszak-training B |                   | 10.00 Bokszak-training B | 12.30 TAEKWONDO B1      |
|                          |                   | 09.30 CORE - CX 1        |                   | 10.00 BODYBALANCE 1      | TTE (Selectie)          |
|                          |                   | 10.15 BODYPUMP 1         |                   | 10.00 GRIT BARBELL 2     |                         |
|                          |                   |                          |                   | 10.30 CORE - CX 2        |                         |
|                          |                   | 08.00 <b>HYROX les</b> T |                   | 10.00 FUNXTION O         | 10.00 FUNXTION O        |
|                          |                   | 10.00 FUNXTION 2         |                   |                          |                         |

| AVOND                    | AVOND                     | AVOND                    | AVOND                    | AVOND                                                                                                                            | ZONDAG                   |
|--------------------------|---------------------------|--------------------------|--------------------------|----------------------------------------------------------------------------------------------------------------------------------|--------------------------|
| 18.00 Bokszak-training B | 18.30 KARATE B            | 18.00 Bokszak-training B | 18.30 GRIT SERIES 1      | 19.00 BODYPUMP 1                                                                                                                 | 09.00 RPM S              |
| 18.45 BODYPUMP 1         | 18.30 TAEKWONDO B1        | 18.45 JIU-JITSU B2       | 19.00 JUDO WED B1        | 19.00 TAEKWONDO B1                                                                                                               | 10.15 RPM MIX S          |
| 20.00 BODYPUMP 1         | 18.30 GRIT BARBELL 2      | 19.00 BODYPUMP 1         | 19.00 JUDO recreatie B   | 19.45 Bokszak-training B                                                                                                         | 08.45 YOGA 2             |
| 19.00 KICKBOKSEN B       | 19.00 CORE - CX 2         | 19.00 TAEKWONDO B1       | 19.00 LMPILATES 2        |                                                                                                                                  | 09.00 BJJ-NOGI (vrij) B2 |
| 19.00 LM SHAPES 2        | 19.00 BODYCOMBAT 1        | 19.00 KICKBOKSEN B       | 19.00 CORE - CX 1        |                                                                                                                                  | 10.00 BODYBALANCE 1      |
| 19.30 JUDO B1            | 19.30 BJJ (all levels) B2 | 19.00 BODYBALANCE 2      | 20.15 KARATE B           |                                                                                                                                  | 10.00 Bokszak-training B |
| 20.00 BODYATTACK 2       | 19.45 ZUMBA 2             | 20.00 BJJ - NOGI B2      | 19.30 BODYJAM 1          |                                                                                                                                  |                          |
| 20.15 Bokszak-training B | 20.00 SHAPE-STEP 1        | 20.00 LM SHAPES 2        | 19.30 BJJ (all levels) 2 |                                                                                                                                  | 10.45 <b>HYROX les</b> T |
| 20.00 BJJ - Beginners B2 | 20.45 BODYBALANCE 2       | 20.15 AIKIDO B1          | 20.15 BJJ ladies only 1  |                                                                                                                                  | 10.00 FUNXTION O         |
|                          |                           | 20.15 LM DANCE 1         |                          |                                                                                                                                  |                          |
| 18.30 RPM S              | 18.00 RPM S               |                          | 19.00 SPRINT S           | <b>VERDERE AFSPRAKEN</b><br>Aanmelden groepsles via de TMS app<br>Materialen schoonmaken na gebruik<br>Handdoek <u>verplicht</u> |                          |
| 19.45 RPM S              | 19.45 RPM S               | 19.45 RPM S              | 19.45 RPM S              |                                                                                                                                  |                          |
|                          | 19.00 <b>HYROX les</b> T  | 19.00 <b>HYROX les</b> T | 19.00 <b>HYROX les</b> T |                                                                                                                                  |                          |
| 20.00 FUNXTION O         |                           | 20.00 FUNXTION O         |                          |                                                                                                                                  |                          |

| B = Boks Studio    B1 = Budozaal 1    B2 = Budozaal 2<br>1 = Aerobiczaal boven    2 = Aerobiczaal beneden    O = Outdoor    T=Trainingsruimte |                   |                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--------------------------------------|
| OPENINGSTIJDEN SPORTSCHOOL                                                                                                                    |                   | OPENINGSTIJDEN FITNESS & Racketsport |
| Maandag t/m Vrijdag                                                                                                                           | 07.00 - 23.30 uur | Open van 07.00 tot 23.00 uur         |
| Zaterdag                                                                                                                                      | 08.00 - 18.00 uur | Open van 08.00 tot 17.00 uur         |
| Zondag                                                                                                                                        | 08.00 - 22.30 uur | Open van 08.00 tot 22.00 uur         |
| KINDEROPVANG                                                                                                                                  |                   |                                      |
| Maandag t/m Vrijdag                                                                                                                           | 08.45 - 11.45 uur |                                      |

**Theo Meijer Sport**  
 Plantageweg 6  
 3833 AZ Leusden  
 T: 033-4946409  
 E: info@theomeijersport.nl  
[www.theomeijersport.nl](http://www.theomeijersport.nl)



# LESROOSTER LEUSDEN JEUGD 2025

## TUIMELEN - JUDO - KARATE - TAEKWONDO- KICKBOKSEN - JUNIORFIT

| MAANDAG |                           |    | DINSDAG |                     |    | WOENSDAG |                           |    | DONDERDAG |  |  | VRIJDAG |                       |    | ZATERDAG |                        |    |
|---------|---------------------------|----|---------|---------------------|----|----------|---------------------------|----|-----------|--|--|---------|-----------------------|----|----------|------------------------|----|
|         |                           |    | 18.30   | Taekwondo<br>13+    | B1 | 14.45    | Tuimelen<br>4 tot 6jr     | B2 |           |  |  | 15.00   | Tuimelen<br>4 tot 6jr | B2 | 08.45    | Tuimelen<br>4 tot 6 jr | B1 |
| 16.00   | Kickboksen<br>6 t/m 9jr   | B  | 18.30   | Karate<br>11 t/m 15 | B  | 15.30    | Judo<br>6 t/m 8 jr        | B2 |           |  |  | 15.45   | Judo<br>jeugd 6+      | B2 | 09.30    | Judo<br>6 t/m 7jr      | B1 |
| 16.30   | Judo<br>jeugd 6+          | B2 |         |                     |    | 16.00    | Kickboksen<br>6 t/m 9jr   | B  |           |  |  | 16.30   | Juniorfit<br>8 - 14jr | A1 | 10.30    | Judo<br>8 t/m 9j       | B1 |
| 16.30   | Juniorfit<br>- 14jr       | A1 |         |                     |    | 16.30    | Judo<br>9+                | B2 |           |  |  | 17.00   | Karate<br>jeugd -10   | B2 | 11.30    | Judo<br>10+            | B1 |
| 17.00   | Kickboksen<br>10 t/m 13jr | B  |         |                     |    | 16.30    | Juniorfit<br>8 - 14jr     | A1 |           |  |  | 18.00   | Karate<br>jeugd -16   | B2 |          |                        |    |
| 18.00   | Judo wedstrijd -<br>15    | B1 |         |                     |    | 17.00    | Kickboksen<br>10 t/m 13jr | B  |           |  |  |         |                       |    |          |                        |    |
| 19.00   | Kickboksen<br>14+ BEG     | B  |         |                     |    | 18.00    | Taekwondo<br>6 t/m 12jr   | B1 |           |  |  |         |                       |    |          |                        |    |

B1 = Budo groot (boven) B2 = Budo klein (boven) B = Boks Studio A1 = Aerobiczaal (boven) A2 = Aerobiczaal (beneden)

## BUITENLOCATIES

|  | DINSDAG                             |                       | WOENSDAG                         |                       | <p>Theo Meijer Sport<br/>Plantageweg 6<br/>3833 AZ Leusden<br/>T: 033-4946409<br/>E: info@theomeijersport.nl<br/><br/>www.theomeijersport.nl</p> |
|------------------------------------------------------------------------------------|-------------------------------------|-----------------------|----------------------------------|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    | SPORTHAL DE BRINK                   |                       | WOUDENBERG                       |                       |                                                                                                                                                  |
|                                                                                    | Wezeperberg 6<br>3825 DJ Amersfoort |                       | Bosrand 17<br>3931 AR Woudenberg |                       |                                                                                                                                                  |
|                                                                                    | 15.45                               | Tuimelen<br>4 tot 6jr | 14.15                            | Tuimelen<br>4 tot 6jr |                                                                                                                                                  |
|                                                                                    | 16.30                               | Judo<br>6 t/m 11 jaar | 15.00                            | Judo 6+               |                                                                                                                                                  |
|                                                                                    |                                     |                       |                                  |                       |                                                                                                                                                  |
| Amersfoort Vathorst                                                                |                                     | Woudenberg            |                                  |                       |                                                                                                                                                  |