

Rooster vanaf 10 november 2018

wk	Maandag 5/11	Dinsdag 6/11	Woensdag 7/11	Donderdag 8/11	Zaterdag 10/11	Zondag 11/11
45	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 Pilates Plus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

** Let op! De Schulpweg is afgesloten (nieuw asfalt) van maandag 12 – 23(?) november!!

wk	Maandag 12/11**	Dinsdag 13/11**	Woensdag 14/11**	Donderdag 15/11**	Zaterdag 17/11**	Zondag 18/11**
46	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ bij de Witte Raaf!! 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 Pilates Plus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 19/11**	Dinsdag 20/11**	Woensdag 21/11**	Donderdag 22/11**	Zaterdag 24/11	Zondag 25/11
47	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 Pilates Plus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 26/11	Dinsdag 27/11	Woensdag 28/11	Donderdag 29/11	Zaterdag 1/12	Zondag 2/12
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48	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 Pilates Plus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only 10.45 VitalityWalking -check up	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose
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wk	Maandag 3/12	Dinsdag 4/12	Woensdag 5/12	Donderdag 6/12	Zaterdag 8/12	Zondag 9/12
49	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	Sinterklaas is jarig! 09.00 FitnessRun&Walk gevord. – Pepernotentraining(!) geen avondlessen	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 10/12	Dinsdag 11/12	Woensdag 12/12	Donderdag 13/12	Zaterdag 15/12	Zondag 16/12
50	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 17/12	Dinsdag 18/12	Woensdag 19/12	Donderdag 20/12	Zaterdag 22/12	Zondag 23/12
51	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ Geen avondlessen	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 24/12	Din & Woe 25 & 26/12	Donderdag 27/12	Zaterdag 29/12	Zondag 30/12
52	09.00 (Nordic) FitnessWalk&Run Geen avondlessen	Beide Kerstdagen geen sportlessen	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 31/12	Dinsdag 01 januari '19	Woensdag 02/01	Donderdag 03/01	Zaterdag 05/01	Zondag 06/01
01	09.00 Oliebollenloop alle sportniveaus Geen avondlessen	Happy New Year!	09.00 FitnessRun&Walk gevord - 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only 10.45 VitalityWalking -check up	09.00 - 10.30 HAPPY NEW YEAR SPECIAL (Nordic)Fitness Walk&Run met Marjolein & Jose & Jo

wk	Maandag 07/01	Dinsdag 08/01	Woensdag 09/01	Donderdag 10/01	Zaterdag 12/01	Zondag 13/01
02	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose