

## Rooster vanaf 13 september 2018

wk	Maandag 10/09	Dinsdag 11/09	Woensdag 12/09	Donderdag 13/09	Zaterdag 15/09	Zondag 16/09
<b>37</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd.  19.00 Pilates Plus	09.00 FitnessWalk&Run  11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup> 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run Jo  09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

De laatste **BIG-5** bijeenkomst op woensdagavond **19 september**: (Nordic) FitnessWalk&Run van 19.00 – 20.30 uur in de schemering met na afloop Koek & Zopie en inleveren van Big-5 spaarkaart....Bij 3 of meer keer meegedaan ontvang je een leuk presentje! Ook meelopen maar doe je niet mee met de actie? Van harte welkom, meld je aan en deelname is 1 stripje van je kaart (maar geldt niet voor 3<sup>e</sup> strip gratis) **neem een hoofdlampje mee!**

wk	Maandag 17/09	Dinsdag 18/09	Woensdag 19/09	Donderdag 20/09	Zaterdag 22/09	Zondag 23/09
<b>38</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 Pilates Plus  <b>19.00 – 20.30 uur BIG 5 #7: FINALE! Schemertocht! Neem een hoofdlampje mee!</b>	09.00 FitnessWalk&Run  11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run Marjolein  09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 24/09	Dinsdag 25/09	Woensdag 26/09	Donderdag 27/09	Zaterdag 29/09	Zondag 30/09
<b>39</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  19.00 Pilates Plus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup> 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run Marjolein  09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 1/10	Dinsdag 2/10	Woensdag 3/10	Donderdag 4/10	Zaterdag 6/10	Zondag 7/10
<b>40</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  19.00 Pilates Plus	09.00 FitnessWalk&Run  11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only  <b>10.45 VitalityWalking -check up</b>	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 8/10	Dinsdag 9/10	Woensdag 10/10	Donderdag 11/10	Zaterdag 13/10	Zondag 14/10
<b>41</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  19.00 Pilates Plus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 15/10	Dinsdag 16/10	Woensdag 17/10	Donderdag 18/10	Zaterdag 20/10	Zondag 21/10
<b>42</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  19.00 Pilates Plus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

### Herfstvakantie

wk	Maandag 22/10	Dinsdag 23/10	Woensdag 24/10	Donderdag 25/10	Zaterdag 27/10	Zondag 28/10
<b>43</b>	09.00 (Nordic) FitnessWalk&Run met Marjolein  18.30 Power&Pilates met Irene	<b>09.00 helaas geen les.</b> Wel gaan lopen met elkaar...!  18.30 Varia Power met Angelique	09.00 FitnessRun&Walk gevoerd met Jose  19.00 Pilates Plus met Irene	09.00 FitnessWalk&Run met Annemieke 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup> met Annemieke en Marjo  18.30 Power&Pilates met Irene	09.00 (Nordic) FitnessWalk&Run met Jose en Annemieke  09.15 Power Only met Angelique	09.00 (Nordic) FitnessWalk&Run Jo & Jose

	19.45 Varia Power met Angelique	19.45 Varia Power met Angelique		19.45 Body&Stretch met Irene		
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wk	Maandag 29/10	Dinsdag 30/10	Woensdag 31/10	Donderdag 1/11	Zaterdag 3/11	Zondag 4/11
<b>44</b>	09.15 SPECIAL: BURLWANDELTOCHT* einde plm.11.30 uur  18.30 Power&Pilates 19.45 Varia Power	09.15 SPECIAL: BURLWANDELTOCHT* einde plm. 11.30 uur  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 <sup>60</sup> &Easy <sup>45</sup>  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

\* **Burlwandeltocht:** start ingang "Panneland" -Amsterdamse Waterleidingduinen. Op zoek naar burlende herten! Om zo stil mogelijk te zijn, lopen we **zonder** de poles. Na afloop bakkie koffie uit de kofferbak. Deelname 1 strip. Denk aan parkeergeld en entree AWLD. Zoveel mogelijk met elkaar carpoolen, vertrek vanaf Panneland exact 09.15 uur. Flesje water en banaantje mee... en je verrekijker?

wk	Maandag 5/11	Dinsdag 6/11	Woensdag 7/11	Donderdag 8/11	Zaterdag 10/11	Zondag 11/11
<b>45</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  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 <sup>60</sup> &Easy <sup>45</sup>  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 12/11	Dinsdag 13/11	Woensdag 14/11	Donderdag 15/11	Zaterdag 17/11	Zondag 18/11
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<b>46</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  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 <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose
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<b>wk</b>	<b>Maandag 19/11</b>	<b>Dinsdag 20/11</b>	<b>Woensdag 21/11</b>	<b>Donderdag 22/11</b>	<b>Zaterdag 24/11</b>	<b>Zondag 25/11</b>
<b>47</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  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 <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

<b>wk</b>	<b>Maandag 26/11</b>	<b>Dinsdag 27/11</b>	<b>Woensdag 28/11</b>	<b>Donderdag 29/11</b>	<b>Zaterdag 1/12</b>	<b>Zondag 2/12</b>
<b>48</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  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 <sup>60</sup> &Easy <sup>45</sup>  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

<b>wk</b>	<b>Maandag 3/12</b>	<b>Dinsdag 4/12</b>	<b>Woensdag 5/12</b>	<b>Donderdag 6/12</b>	<b>Zaterdag 8/12</b>	<b>Zondag 9/12</b>
<b>49</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	Sinterklaas is jarig!  09.00 FitnessRun&Walk gevord. – <b>Pepernotentraining(!)</b>  geen avondlessen	09.00 FitnessWalk&Run  11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  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 <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord  19.00 PilatesPlus	09.00 FitnessWalk&Run  11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  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 <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord  19.00 PilatesPlus	09.00 FitnessWalk&Run  11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  <b>Geen avondlessen</b>	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  <b>Geen avondlessen</b>	<b>Beide Kerstdagen geen sportlessen</b>	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  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	<b>09.00 Oliebollenloop</b> alle sportniveaus  <b>Geen avondlessen</b>	<b>Happy New Year!</b>	09.00 FitnessRun&Walk gevord -  19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only  <b>10.45 VitalityWalking -check up</b>	<b>09.00 – 10.30 HAPPY NEW YEAR SPECIAL</b>  (Nordic)FitnessWalk&Run met Marjolein & Jose & Jo

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