














Rooster vanaf 18 maart 2019

wk	Maandag 18/03	Dinsdag 19/03	Woensdag 20/03	Donderdag 21/03	Zaterdag 23/03	Zondag 24/03
12	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 gevoerd 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 25/03	Dinsdag 26/03	Woensdag 27/03	Donderdag 28/03	Zaterdag 30/03	Zondag 31/03
13	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 gevoerd 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	Begin van de zomertijd 09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

Op 1 april bestaat Action4Vitality 14 jaar! **Prosit!** Daarom in Week 14: Franse Jubileumweek!  Alle lessen staan deze week in het teken van de actie van juf Angelique voor haar deelname aan de Alpe d'huzes t.b.v. KWF. Sporten met Frans thema en geldinzamelingsactie om Angelique te steunen!

wk	Maandag 01/04	Dinsdag 02/04	Woensdag 03/04	Donderdag 04/04	Zaterdag 06/04	Zondag 07/04
						
14	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 gevoerd 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
	 Action4Vitality 14 jaar!					

wk	Maandag 08/04	Dinsdag 09/04	Woensdag 10/04	Donderdag 11/04	Zaterdag 13/04	Zondag 14/04
15	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 gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	Corsoweekend! 09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 15/04	Dinsdag 16/04	Woensdag 17/04	Donderdag 18/04	Zaterdag 20/04	Zondag 21/04
16	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 gevoerd 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	1e Paasdag - geen sportlessen

wk	Maandag 22/04	Dinsdag 23/04	Woensdag 24/04	Donderdag 25/04	Zaterdag 27/04	Zondag 28/04
17	2e Paasdag - geen sportlessen	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	Koningsdag - geen sportlessen	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 29/04	Dinsdag 30/04	Woensdag 01/05	Donderdag 02/05	Zaterdag 04/05	Zondag 05/05
15	Meivakantie t/m 5/5 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 gevoerd 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 & Jo