

Rooster vanaf 1 oktober 2018

wk	Maandag 1/10	Dinsdag 2/10	Woensdag 3/10	Donderdag 4/10	Zaterdag 6/10	Zondag 7/10
40	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 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

wk	Maandag 8/10	Dinsdag 9/10	Woensdag 10/10	Donderdag 11/10	Zaterdag 13/10	Zondag 14/10
41	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 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 15/10	Dinsdag 16/10	Woensdag 17/10	Donderdag 18/10	Zaterdag 20/10	Zondag 21/10
42	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 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

Herfstvakantie

wk	Maandag 22/10	Dinsdag 23/10	Woensdag 24/10	Donderdag 25/10	Zaterdag 27/10	Zondag 28/10
43	09.00 (Nordic) FitnessWalk&Run met Marjolein 18.30 Power&Pilates met Irene 19.45 Varia Power met Angelique	09.00 helaas geen les. Wel gaan lopen met elkaar...! 18.30 Varia Power met Angelique 19.45 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 ⁶⁰ &Easy ⁴⁵ met Annemieke en Marjo 18.30 Power&Pilates met Irene 19.45 Body&Stretch met Irene	09.00 (Nordic) FitnessWalk&Run met Jose en Annemieke 09.15 Power Only met Angelique	09.00 (Nordic) FitnessWalk&Run Jo & Jose

wk	Maandag 29/10	Dinsdag 30/10	Woensdag 31/10	Donderdag 1/11	Zaterdag 3/11	Zondag 4/11
44	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 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

* **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
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

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 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 gevoerd 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
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 gevoerd 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

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 gevoerd. – 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 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 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)FitnessWalk&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