

Rooster vanaf 26 november 2018

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	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	10.30!! (Nordic)FitnessWalk ⁷⁵ & lunch (tot plm.13.00 uur) 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 & lunch (tot plm. 13.30) Geen avondlessen	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Jo & Marjolein

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	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