

Rooster vanaf 28 februari 2019

wk	Maandag 25/02	Dinsdag 26/02	Woensdag 27/02	Donderdag 28/02	Zaterdag 02/03 Carnaval	Zondag 03/03 Carnaval
09	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 geen Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 04/03 Carnaval	Dinsdag 05/03 Carnaval	Woensdag 06/03	Donderdag 07/03	Zaterdag 09/03	Zondag 10/03
10	09.00 (Nordic) FitnessWalk&Run voor ook de dinsdagochtendgroep! 18.30 geen les 19.45 geen les	09.00 geen lessen – iedereen kan meedoen op maandag 4 maart 09.00 uur. 19.00 Samengevoegde les Varia Power met Jo	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 11/03	Dinsdag 12/03	Woensdag 13/03	Donderdag 14/03	Zaterdag 16/03	Zondag 17/03
11	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 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 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 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