

Rooster vanaf 29 oktober 2018

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	09.00 afgelast. Geen les 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? Ga je mee? Meld je aan via info@action4vitality.nl

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)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