

## Rooster vanaf 9 april 2019

wk	Maandag 08/04	Dinsdag 09/04	Woensdag 10/04	Donderdag 11/04	Zaterdag 13/04	Zondag 14/04
<b>15</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord  19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	<b>Corsoweekend!</b>  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
<b>16</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord  19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  <b>11.00 – 13.00 Focus4Vitality deel 1</b>  09.15 Power Only	<b>1e Paasdag – geen sportlessen</b>

wk	Maandag 22/04	Dinsdag 23/04	Woensdag 24/04	Donderdag 25/04	Zaterdag 27/04	Zondag 28/04
<b>17</b>	<b>2e Paasdag – geen sportlessen</b>	09.00 (Nordic)FitnessWalk <sup>75</sup> 18.30 Varia Power 19.45 Varia Power  <b>Sportmassage-actie van Jose v.a. 17.45 uur</b>	09.00 FitnessRun&Walk gevord  19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	Koningsdag - geen sportlessen	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 29/04	Dinsdag 30/04	Woensdag 01/05	Donderdag 02/05	Zaterdag 04/05	Zondag 05/05
18	<b>Meivakantie t/m 5 mei</b>  09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 09.15 Power Only  <b>11.00 - 13.00 Focus4Vitality deel 2</b>	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 06/05	Dinsdag 07/05	Woensdag 08/05	Donderdag 09/05	Zaterdag 11/05	Zondag 12/05
19	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only  <b>11.00- 12.30 Workshop Beter Bewegen en Slapen</b>	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 13/05	Dinsdag 14/05	Woensdag 15/05	Donderdag 16/05	Zaterdag 18/05	Zondag 19/05
20	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 Varia Power	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  19.00 PilatesPlus	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run  09.15 Power Only  <b>11.00 - 12.30 Workshop omgaan met Stress en Multitasken</b>	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

