

## Rooster vanaf 11 september 2019

wk	Maandag 09/09	Dinsdag 10/09	Woensdag 11/09	Donderdag 12/09	Zaterdag 14/09	Zondag 15/09
<b>37</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevod  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run met <b>Marjolein</b>  09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & <b>Annemieke</b>

wk	Maandag 16/09	Dinsdag 17/09	Woensdag 18/09	Donderdag 19/09	Zaterdag 21/09	Zondag 22/09
<b>38</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevod  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run  09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & <b>Jo</b>

wk	Maandag 23/09	Dinsdag 24/09	Woensdag 25/09	Donderdag 26/09	Zaterdag 28/09	Zondag 29/09
<b>39</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevod  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run met <b>Marjolein</b>  09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & <b>Annemieke</b>

wk	Maandag 30/09	Dinsdag 01/10	Woensdag 02/10	Donderdag 03/10	Zaterdag 05/10	Zondag 06/10
<b>40</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevod  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run  09.15 PowerOnly met Angelique  <b>10.45 Kg↓4Vitality</b>	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 7/10	Dinsdag 8/10	Woensdag 9/10	Donderdag 10/10	Zaterdag 12/10	Zondag 13/10
<b>41</b>	09.00 (Nordic) FitnessWalk&Run <b>Burltocht!</b>  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup> <b>Burltocht!</b>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run met <b>Marjolein en José</b>  09.15 PowerOnly met <b>Irene</b>	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 14/10	Dinsdag 15/10	Woensdag 16/10	Donderdag 17/10	Zaterdag 19/10	Zondag 20/10
<b>42</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run  09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 21/10	Dinsdag 22/10	Woensdag 23/10	Donderdag 24/10	Zaterdag 26/10	Zondag 27/10
<b>43</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run  09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 28/10	Dinsdag 29/10	Woensdag 30/10	Donderdag 31/10	Zaterdag 2/11	Zondag 3/11
<b>44</b>	09.00 (Nordic) FitnessWalk&Run  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup>  18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd  18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk <sup>60</sup> &Easy <sup>45</sup>  19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run  09.15 PowerOnly met Angelique  <b>10.45 Kg↓4Vitality</b>	09.00 (Nordic) FitnessWalk&Run Marjolein & José