

Rooster vanaf 19 augustus 2019

wk	Maandag 19/08	Dinsdag 20/08	Woensdag 21/08	Donderdag 22/08	Zaterdag 24/08	Zondag 25/08
34	09.00 (Nordic) FitnessWalk&Run 19.00 FitnessWalk&Run	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run	09.00 (Nordic) FitnessWalk&Run Jo & Jose

wk	Maandag 26/08	Dinsdag 27/08	Woensdag 28/08	Donderdag 29/08	Zaterdag 31/08	Zondag 01/09
35	09.00 (Nordic) FitnessWalk&Run 19.00 IJsjestocht (± 2 uur) met/zonder poles	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoerd	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 02/09 Kermisweek	Dinsdag 03/09 Kermisweek	Woensdag 04/09 Kermisweek	Donderdag 05/09 Kermisweek	Zaterdag 07/09	Zondag 08/09
36	09.00 (Nordic) FitnessWalk&Run 19.00 FitnessWalk&Run (laatste) deze week geen binnenlessen	09.00 (Nordic)FitnessWalk ⁷⁵ 19.00 Outdoor Power deze week geen binnenlessen	09.00 FitnessRun&Walk gevoerd deze week geen binnenlessen	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 19.00 PilatesWalking deze week geen binnenlessen	09.00 (Nordic) FitnessWalk&Run 11.00 – 12.30 uur Workshop Focus op Vitaliteit! #Start nu met vitaliseren	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 09/09	Dinsdag 10/09	Woensdag 11/09	Donderdag 12/09	Zaterdag 14/09	Zondag 15/09
37	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk ⁷⁵ 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 ⁶⁰ &Easy ⁴⁵ 19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run met Marjolein 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & Annemieke

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

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

wk	Maandag 30/09	Dinsdag 01/10	Woensdag 02/10	Donderdag 03/10	Zaterdag 05/10	Zondag 06/10
40	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 18.30 Power&Pilates 19.45 Body&Stretch	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo