

Rooster vanaf 22 juli 2019

DEZE WEEK TROPENROOSTER!

(Geel gearceerd is andere tijd als normaal)

wk	Maandag 22/07	Dinsdag 23/07	Woensdag 24/07	Donderdag 25/07	Zaterdag 27/07	Zondag 28/07
30	09.00 (Nordic) FitnessWalk&Run 19.00 FitnessWalk&Run	08.00 (Nordic)FitnessWalk ⁷⁵ 19.00 – 20.00 Samengevoegde les Varia Power Circuit	08.00 FitnessRun&Walk gevord 19.00 PilatesPlus	08.00 FitnessWalk&Run 11.00 afgelast 19.00 – 20.00 Samengevoegde les Pilates & Stretch	09.00 (Nordic) FitnessWalk&Run	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 29/07	Dinsdag 30/07	Woensdag 31/07	Donderdag 01/08	Zaterdag 03/08	Zondag 04/08
31	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 gevord 19.00 PilatesPlus (laatste)	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 & Jo

wk	Maandag 05/08	Dinsdag 06/08	Woensdag 07/08	Donderdag 08/08	Zaterdag 10/08	Zondag 11/08
32	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 gevord	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run Marjolein	09.00 (Nordic) FitnessWalk&Run Marjolein

wk	Maandag 12/08	Dinsdag 13/08	Woensdag 14/08	Donderdag 15/08	Zaterdag 17/08	Zondag 18/08
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33	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 gevord	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run 11.00 Workshop: leer de Techniek van Nordic Walking	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose
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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 gevord	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 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 FitnessWalk&Run	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord	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 gevord 19.00 SandFit (max. 15 personen – aanmelden verplicht)	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 Varia Power start alle binnenlessen	09.00 (Nordic)FitnessWalk ⁷⁵ 11.15 VitalityWalking 18.30 Varia Power 19.45 Varia Power start alle binnenlessen	09.00 FitnessRun&Walk gevoerd 19.00 PilatesPlus 19.00 – 20.30 uur Workshop Focus op Vitaliteit! #Start nu met vitaliseren start alle binnenlessen	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch start alle binnenlessen	09.00 (Nordic) FitnessWalk&Run Marjolein 09.15 PowerOnly start alle binnenlessen	09.00 (Nordic) FitnessWalk&Run Marjolein