

Rooster vanaf 4 juni 2019/2

wk	Maandag 03/06	Dinsdag 04/06	Woensdag 05/06	Donderdag 06/06	Zaterdag 08/06	Zondag 09/06
23	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates (laatste) 19.45 Varia Power (laatste)	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevoord 19.00 PilatesPlus Jo <i>Irene vak</i>	Hele dag in Frans thema! 09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch Alpe d'huzes Angelique!	09.00 (Nordic) FitnessWalk&Run José 09.15 Geen Power Only Jo vak tm 25 juni	Pinksteren – geen les

wk	Maandag 10/06	Dinsdag 11/06	Woensdag 12/06	Donderdag 13/06	Zaterdag 15/06	Zondag 16/06
24	Pinksteren – geen les	09.00 (Nordic)FitnessWalk ⁷⁵ met Mariette 18.30 Varia Power met Angelique 19.45 Varia Power met Angelique	09.00 FitnessRun&Walk gevoord Marjon 19.00 Pilates & stretch Angelique	09.00 FitnessWalk&Run Marjon 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ Marjon & Tanya 18.30 Power&Pilates Angelique 19.45 Body&Stretch Angelique	09.00 (Nordic) FitnessWalk&Run José 09.15 Power Only Angelique	09.00 (Nordic) FitnessWalk&Run José

wk	Maandag 17/06	Dinsdag 18/06	Woensdag 19/06	Donderdag 20/06	Zaterdag 22/06	Zondag 23/06
25	09.00 (Nordic) FitnessWalk&Run Jose 19.00 1e keer buitentraining! FitnessWalking & Running José	09.00 (Nordic)FitnessWalk ⁷⁵ met Mariette 18.30 Varia Power Angelique 19.45 Varia Power Angelique	09.00 Geen les 19.00 PilatesPlus Irene	09.00 FitnessWalk&Run Marjon 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ Marjon & Tanya 18.30 Power&Pilates Irene 19.45 Body&Stretch Irene	09.00 (Nordic) FitnessWalk&Run Marjolein 09.15 Power Only	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 24/06	Dinsdag 25/06	Woensdag 26/06	Donderdag 27/06	Zaterdag 29/06	Zondag 30/06
26	09.00 (Nordic) FitnessWalk&Run Jose 19.00 FitnessWalking & Running Marjolein	09.00 (Nordic)FitnessWalk ⁷⁵ met Marjolein 18.30 Varia Power Angelique 19.45 Varia Power Angelique	09.00 FitnessRun&Walk gevord Jo 19.00 PilatesPlus Jo terug van vakantie	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 18.30 Power&Pilates 19.45 Body&Stretch	09.00 (Nordic) FitnessWalk&Run Jo 11.00 Workshop Weerbaarheid! 09.15 Power Only <i>(laatste)</i>	09.00 (Nordic) FitnessWalk&Run Jo & Jose

wk	Maandag 01/07	Dinsdag 02/07	Woensdag 03/07	Donderdag 04/07	Zaterdag 06/07	Zondag 07/07
27	09.00 (Nordic) FitnessWalk&Run 19.00 FitnessWalk&Run Jo	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	09.00 (Nordic) FitnessWalk&Run Jo

wk	Maandag 08/07	Dinsdag 09/07	Woensdag 10/07	Donderdag 11/07	Zaterdag 13/07	Zondag 14/07
28	09.00 (Nordic) FitnessWalk&Run 19.00 FitnessWalk&Run Jo	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	07.30 VroegeVogel&ontbijtje 11.00 SandFit Special	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

wk	Maandag 15/07	Dinsdag 16/07	Woensdag 17/07	Donderdag 18/07	Zaterdag 20/07	Zondag 21/07
29	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 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 11.00 Workshop Weerbaarheid!	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

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	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord 19.00 PilatesPlus 19.00 – 21.00 Jeu des Boules chez Pierre Floris	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 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 Jose vak	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 11.00 Workshop Beter Slapen	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 Jose vak	09.00 (Nordic)FitnessWalk ⁷⁵ 18.30 Varia Power 19.45 Varia Power	09.00 FitnessRun&Walk gevord Cursus Weerbaarheid (#1-4) 19.00 – 20.00	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
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 Cursus Weerbaarheid (#2-4) 19.00 – 20.00	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: Techniek Nordic Walking	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose

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 Cursus Weerbaarheid (#3-4) 19.00 – 20.00	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 deze week geen binnenlessen	09.00 (Nordic)FitnessWalk ⁷⁵ 19.00 Outdoor Power deze week geen binnenlessen	09.00 FitnessRun&Walk gevoerd Cursus Weerbaarheid (#4-4) 19.00 – 20.00 (outdoor)	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 09.15 PowerOnly start alle binnenlessen	09.00 (Nordic) FitnessWalk&Run Marjolein & Jose