

Rooster vanaf 6 november 2019

wk	Maandag 4/11	Dinsdag 5/11	Woensdag 6/11	Donderdag 7/11	Zaterdag 9/11	Zondag 10/11
45	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 11/11	Dinsdag 12/11	Woensdag 13/11	Donderdag 14/11	Zaterdag 16/11	Zondag 17/11
46	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 18/11	Dinsdag 19/11	Woensdag 20/11	Donderdag 21/11	Zaterdag 23/11	Zondag 24/11
47	09.00 (Nordic) FitnessWalk&Run met José 18.30 Power&Pilates met Irene 19.45 VariaPower met Irene	09.00 (Nordic)FitnessWalk ⁷⁵ met Mariette 18.30 Varia Power met Angelique 19.45 Varia Power met Angelique	09.00 FitnessRun&Walk gevoerd met Jo 18.30 Power&Pilates met Irene 19.45 Body&Stretch met Irene	09.00 FitnessWalk&Run met José 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ met José en Marjon 19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 25/11	Dinsdag 26/11	Woensdag 27/11	Donderdag 28/11	Zaterdag 30/11	Zondag 1/12
48	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 Jo	09.00 (Nordic) FitnessWalk&Run 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & Jo

wk	Maandag 2/12	Dinsdag 3/12	Woensdag 4/12	Donderdag 5/12	Zaterdag 7/12	Zondag 8/12
49	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 SintSport Walk&Run 11.00 SintSport (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 19.00 geen sportles ivm pakjesavond	09.00 (Nordic) FitnessWalk&Run 09.15 PowerOnly met Angelique 10.45 Kg↓4Vitality (laatste x)	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 9/12	Dinsdag 10/12	Woensdag 11/12	Donderdag 12/12	Zaterdag 14/12	Zondag 15/12
50	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 16/12	Dinsdag 17/12	Woensdag 18/12	Donderdag 19/12	Zaterdag 21/12	Zondag 22/12
51	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)Walk⁶⁰&Easy⁴⁵ & Kerstlunch! 19.00 PilatesPlus met Irene	09.00 (Nordic) FitnessWalk&Run 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 23/12	Dinsdag 24/12	Woensdag 25/12	Donderdag 26/12	Zaterdag 28/12	Zondag 29/12
52	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk ⁷⁵ Kerstavond geen sportlessen	1e Kerstdag geen sportlessen	2e Kerstdag geen sportlessen	09.00 (Nordic) FitnessWalk&Run 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 30/12	Dinsdag 31/12	Woensdag 01/01	Donderdag 02/01	Zaterdag 04/01	Zondag 05/01
01	09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 VariaPower	09.00 – 10.30 Oliebollensport	2020 geen sportlessen	09.00 FitnessWalk&Run 11.00 (Nordic)Walk ⁶⁰ &Easy ⁴⁵ 19.00 PilatesPlus met Irene	09.00 – 10.30 uur Happy New Year Sport 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 06/01	Dinsdag 07/01	Woensdag 08/01	Donderdag 09/01	Zaterdag 11/01	Zondag 12/01
02	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 09.15 PowerOnly met Angelique 10.45 Kg ↓ 4 Vitality #1	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 13/01	Dinsdag 14/01	Woensdag 15/01	Donderdag 16/01	Vrij 17/01	Zaterdag 18/01	Zondag 19/01
03	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	Bowlen! 	09.00 (Nordic) FitnessWalk&Run 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 20/01	Dinsdag 21/01	Woensdag 22/01	Donderdag 23/01	Zaterdag 25/01	Zondag 26/01
04	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 27/01	Dinsdag 28/01	Woensdag 29/01	Donderdag 30/01	Zaterdag 01/02	Zondag 02/02
05	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 09.15 PowerOnly met Angelique 10.45 Kg↓4Vitality#2	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 03/02	Dinsdag 04/02	Woensdag 05/02	Donderdag 06/02	Zaterdag 08/02	Zondag 09/02
06	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 10/02	Dinsdag 11/02	Woensdag 12/02	Donderdag 13/02	Zaterdag 15/02	Zondag 16/02
07	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 17/02	Dinsdag 18/02	Woensdag 19/02	Donderdag 20/02	Zaterdag 22/02	Zondag 23/02
08	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	Carnaval 09.00 (Nordic) FitnessWalk&Run 09.15 geen binnenles	Carnaval 09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 24/02	Dinsdag 25/02	Woensdag 26/02	Donderdag 27/02	Zaterdag 29/02	Zondag 01/03
09	Carnaval 09.00 (Nordic) FitnessWalk&Run 18.30 Power&Pilates 19.45 VariaPower	Carnaval 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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 02/03	Dinsdag 03/03	Woensdag 04/03	Donderdag 05/03	Zaterdag 07/03	Zondag 08/03
10	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 09.15 PowerOnly met Angelique 10.45 Kg ↓ 4 Vitality #3	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 09/03	Dinsdag 10/03	Woensdag 11/03	Donderdag 12/03	Zaterdag 14/03	Zondag 15/03
11	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 16/03	Dinsdag 17/03	Woensdag 18/03	Donderdag 19/03	Zaterdag 21/03	Zondag 22/03
12	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José

wk	Maandag 23/03	Dinsdag 24/03	Woensdag 25/03	Donderdag 26/03	Zaterdag 28/03	Zondag 29/03
13	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 09.15 PowerOnly met Angelique	09.00 (Nordic) FitnessWalk&Run Marjolein & José