

## Rooster vanaf 9 oktober 2019

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>Burlicht!</b>  18.30 Power&Pilates 19.45 VariaPower	09.00 (Nordic)FitnessWalk <sup>75</sup> <b>Burlicht!</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  <b>11.15 Gratis Workshop Basics &amp; Bracing met Jo</b>	09.00 (Nordic) FitnessWalk&Run <b>Jo</b> & 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

					<b>11.30 Workshop Focus op Vitaliteit/Beter Slapen</b>	
--	--	--	--	--	--	--

<b>wk</b>	<b>Maandag 4/11</b>	<b>Dinsdag 5/11</b>	<b>Woensdag 6/11</b>	<b>Donderdag 7/11</b>	<b>Zaterdag 9/11</b>	<b>Zondag 10/11</b>
<b>45</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

<b>wk</b>	<b>Maandag 11/11</b>	<b>Dinsdag 12/11</b>	<b>Woensdag 13/11</b>	<b>Donderdag 14/11</b>	<b>Zaterdag 16/11</b>	<b>Zondag 17/11</b>
<b>46</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