



















| TIJD | Maandag | Dinsdag | Woensdag | Donderdag | Vrijdag | TIJD | Zaterdag | Zondag |
|-------|---|--|---|--|---|-------|---|---|
| 06.45 |  SPINNING | |  SPINNING | |  SPINNING | | | |
| 09.00 | | | | |  SPINNING | 09.00 |  SPINNING | |
| 09.15 |  SPINNING |  INDOORWALKING |  SPINNING |  SPINNING | | | | |
| 16.30 | | | | | | 10.15 | |  SPINNING Spin all in |
| 19.00 |  SPINNING |  SPINNING |  SPINNING |  INDOORWALKING | | | | |
| 19:30 | | | | | | | | |
| 20.00 |  SPINNING |  INDOORWALKING |  SPINNING |  SPINNING | | | | |

Spinning lessen duren 45 minuten. Indoorwalking lessen duren 30 minuten.