

































TIJD	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
9:00 - 9:45	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	
9:15 - 10:00							 CIRCUITTRAINING
10:00 - 10:45	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	
10:15 - 11:00							 CIRCUITTRAINING
13:00 - 13:45	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	
17:30 - 18:30		 JUNIOR FITNESS		 JUNIOR FITNESS	 JUNIOR FITNESS		
19:00 - 19:45	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING		
20:00 - 20:45	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING	 CIRCUITTRAINING			

Handdoek verplicht. Reserveren voor deelname.