

Openingstijden/blokken (tevens opening vrije fitness)

	29	30	31	32	33	34	35	36
MAANDAG	16-jul	23-jul	30-jul	6-aug	13-aug	20-aug	27-aug	3-sep
9.15 - 11.30								
16.00 - 20.00								
17.30 - 21.00								
DINSDAG	17-jul	24-jul	31-jul	7-aug	14-aug	21-aug	28-aug	4-sep
9.15 - 11.30								
16.00 - 20.00								
17.30 - 21.00								
WOENSDAG	18-jul	25-jul	1-aug	8-aug	15-aug	22-aug	29-aug	5-sep
9.15 - 11.30								Lessen weer volgens regulier lesrooster
16.00 - 20.00								
17.30 - 21.00								
DONDERDAG	19-jul	26-jul	2-aug	9-aug	16-aug	23-aug	30-aug	
9.15 - 11.30								
16.00 - 20.00								
17.30 - 21.00								

MAANDAG 9.30 - 10.20 uur Fit training week 29, 30, 33, 34, 35, 36
 18.00 - 18.50 uur Totaal fitness - week 29, 30, 33, 34, 35, 36
 20.00 - 20.50 uur Aerobic - week 29, 30, 35, 36
 20.00 - 20.50 uur Fit training 29, 30, 33, 34, 35, 36
 19.00 - 20.00 uur Vrije budo training 29, 30, 33, 34, 35, 36

DINSDAG 9.30 - 10.20 uur Fit training week 29, 30, 33, 34, 35, 36
 19.00 - 19.50 uur Bosu week 29, 30, 33, 34, 35, 36
 19.50 - 20.40 uur Totaal Fitness - week 29, 30, 33, 34, 35, 36
 19.00 - 20.30 uur Vrije budo training 29, 30, 33, 34, 35, 36

WOENSDAG 9.30 - 10.20 uur Fit training week 29, 30, 31, 32, 33, 34, 35
 18.10 - 19.00 uur Fit training week 29, 30, 31, 32, 35
 19.00 - 19.50 uur Tae Bo week 29, 30, 31, 35
 18.00 - 19.30 uur Vrije budo training 29, 30, 31, 32, 35

DONDERDAG 9.30 - 10.20 uur Fit training 29, 30, 31, 32, 35
 19.00 - 19.50 uur Fit Training 29, 30, 31, 32, 35
 20.00 - 20.50 uur Step/Bosu 29, 30, 35
 19.00 - 20.30 uur Vrije budo training 29, 30, 31, 32, 35