

Tabel 1

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
07.30		Individuele	Individuele	Individuele	Individuele	
07.45	Circuit Training	Training	Training	Training	Circuit Training	Training
	07.45 - 08.45	07.30 - 09.00	07.30 - 09.00	07.30 - 09.00	07.45 - 08.45	07.30 - 09.00
09.00	Circuit Training		Circuit Training	Circuit Training		Circuit Training
09.15	09.00 - 10.00	Circuit Training	09.00 - 10.00	09.00 - 10.00	Circuit Training	09.00 - 10.00
		09.15 - 10.15			09.15 - 10.15	09.00 - 10.00
10.00	Individuele		Individuele	Individuele		Individuele
	Training		Training	Training		Training
10.30	10.00 - 11.30	Senioren Fit	10.00 - 11.30	10.00 - 11.30	Senioren Fit	10.00 - 11.30
		10.30 - 11.30			10.30 - 11.30	
11.30	Senioren Fit			Senioren Fit		
	11.30 - 12.30			11.30 - 12.30		
12.00		Individuele			Individuele	
		Training			Training	
12.30	Individuele	12.00 - 14.00		Individuele	12.00 - 14.00	
	Training			Training		
	12.30 - 14.00			12.30 - 14.00		
14.00						

	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
17.00					Individuele	
17.15	Circuit Training			Circuit Training	Training	
	17.15 - 18.15			17.15 - 18.15	17.00 - 19.00	
18.00			Individuele	Individuele		
18.15	Individuele		Training	Training		
18.30	Training		18.00 - 19.30	18.00 - 19.30		Individuele
18.45	18.15 - 19.45	Circuit Training			Circuit Training	Training
19.00		18.45 - 19.45			18.45 - 19.45	Individuele
						Training
19.30			Individuele	Circuit Training		19.00 - 21.00
19.45	Circuit Training		Training	19.30 - 20.30		
	19.45 - 20.45		19.30 - 21.00			