

	Maandag		Dinsdag		Woensdag		Donderdag		Vrijdag		Zaterdag	
07.30	Individuele		Individuele		Individuele		Individuele		Individuele			
07.45	Training	Circuit Training	Training		Training		Training	Circuit Training	Training		Circuit Training	
08.00	07.30 - 09.00	07.45 - 08.45	07.30 - 09.00		07.30 - 09.00		07.30 - 09.00	07.45 - 08.45	07.30 - 09.00		07.45 - 08.45	
08.15												
08.30												
08.45												Bootcamp
09.00	Circuit Training		Circuit Training		Circuit Training		Circuit Training		Circuit Training		Circuit Training	08.45 - 09.45
09.15	09.00 - 10.00		09.00 - 10.00		09.00 - 10.00		09.00 - 10.00		09.00 - 10.00		09.00 - 10.00	
09.30												
09.45												
10.00	Individuele				Individuele		Individuele				Individuele	
10.15	Training		Senioren Fit		Training		Training		Senioren Fit		Training	
10.30	10.00 - 11.30		10.15 - 11.15		10.00 - 11.30		10.00 - 11.30		10.15 - 11.15		10.00 - 11.30	
10.45												
11.00												
11.15												
11.30		Senioren Fit						Senioren Fit				
11.45		11.30 - 12.30						11.30 - 12.30				
12.00	Individuele		Individuele				Individuele		Individuele			
12.15	Training		Training				Training		Training			
12.30	12.00 - 14.00		12.00 - 14.00				12.00 - 14.00		12.00 - 14.00			
12.45												
13.00												
13.15												
13.30												
13.45												
14.00												
17.00												
17.15		Circuit Training						Circuit Training				
17.30	Individuele	17.15 - 18.15	Individuele		Individuele		Individuele	17.15 - 18.15	Individuele			
17.45	Training		Training		Training		Training		Training			
18.00	17.30 - 19.30		17.30 - 20.00		17.30 - 19.30		17.30 - 19.30		17.30 - 20.00			
18.15												
18.30												
18.45				Circuit Training								
19.00				18.45 - 19.45								
19.15												
19.30		Circuit Training				Circuit Training		Fitplan				
19.45		19.30 - 20.30				19.30 - 20.30		Training				
20.00								19.30 - 20.30				
20.15												
20.30												
20.45								Workshop				
21.00								19.30 - 21.00				