

Planning Fitness, Bootcamp en Conditie circuit



	Tijd	Training	Zaal	Begeleider
Maandag	07.45 – 08.45	Fitness	Olympia	Joran
	08.45 – 09.45	Fitness	Athena	Joran
	09.15 – 10.15	Fitness	Olympia	Kirsten
	10.00 – 11.00	Fitness	Athena	Joran
	10.30 – 11.30	Fitness	Olympia	Marrit
	11.15 – 12.15	Fitness	Athena	Joran
	11.45 – 12.45	Fitness	Olympia	Sytske
	16.15 – 17.15	Fitness	Athena	Chris
	17.15 – 18.15	Fitness	Olympia	Anke
	18.45 – 19.45	Fitness	Olympia	Anke
	19.00 – 20.00	Fitness	Athena	Xander
	20.00 – 21.00	Fitness	Olympia	Anke
	20.15 – 21.15	Conditie circuit	Athena	Xander
Dinsdag	07.45 – 08.45	Fitness	Athena	Johan
	08.30 – 09.30	Fitness	Olympia	Joran
	09.00 – 10.00	Fitness	Athena	Johan
	09.45 – 10.45	Fitness	Olympia	Joran
	10.15 – 11.15	Fitness	Athena	Johan
	11.00 – 12.00	SeniorenFit	Olympia	Anke
	14.00 – 15.00	COPD	Athena	Kim
	16.00 – 17.00	Fitness	Athena	Kim
	18.30 – 19.30	Bootcamp	Buiten	Chris
	18.45 – 19.45	Fitness	Olympia	Joran
	20.00 – 21.00	Fitness	Olympia	Joran
	20.00 – 21.00	Conditie circuit	Athena	Chris
	Woensdag	08.45 – 09.45	Fitness	Olympia
09.30 – 10.30		Conditie circuit	Athena	Chris
10.00 – 11.00		Fitness	Olympia	Kirsten
10.45 – 11.45		Fitness	Athena	Chris
14.00 – 15.00		Hart long training	Sparta	Kim
15.00 – 16.00		Fitness	Athena	Joran
16.15 – 17.15		Fitness	Athena	Joran
18.45 – 19.45		Buiten Fitness	Buiten (Athena)	Joran
18.45 – 19.45		Fitness	Olympia	Kim
20.00 – 21.00		Fitness	Olympia	Joran
Donderdag	08.45 – 09.45	Fitness	Olympia	Kirsten
	09.00 – 10.00	Fitness	Athena	Joran
	10.00 – 11.00	Fitness	Olympia	Kirsten
	10.15 – 11.15	Fitness	Athena	Joran
	11.30 – 12.30	Fitness	Athena	Joran
	16.15 – 17.15	Fitness	Athena	Joran
	17.15 – 18.15	Fitness	Athena	Joran
	18.45 – 19.45	Bootcamp	Buiten	Chris
	18.45 – 19.45	Fitness	Olympia	Sytske
	20.00 – 21.00	Fitness	Olympia	Sytske
	Vrijdag	07.30 – 08.30	Fitness	Athena
09.00 – 10.00		Fitness	Olympia	Stefan
09.30 – 10.30		Conditie circuit	Athena	Chris
09.30 – 10.30		Fitness	Sparta	Deana
10.15 – 11.15		Fitness	Olympia	Stefan
14.00 – 15.00		COPD	Athena	Kim
17.00 – 18.00		Fitness	Olympia	Kim
17.15 – 18.15		Fitness	Athena	Kirsten
Zaterdag	08.30 – 10.00	Fitness	Olympia + Athena	Wisselend