

ROOSTERING 2017-2018

locatie: De Zweth

Maandag	08.00u-18.30u	VRIJE INLOOP
	08.45u-09.45u	Total Body Work Out (Simone)
	10.00u-11.00u	Fitness (Simone)
	11.00u-13.00u	Personal Training (Simone)
	18.30u-20.00u	Training Zwemmers ZV Westland (Erik)
	20.00u-21.00u	VRIJE INLOOP
Dinsdag	08.00u-21.00u	VRIJE INLOOP
Woensdag	08.00u-19.00u	VRIJE INLOOP
	10.30u-13.30u	Personal Training (Simone)
	13.30u-14.30u	Fitness (Simone)
	14.30u-15.30u	Bootcamp KIDS (Michiel)
	14.30u-17.00u	Personal Training (Simone)
	17.15u-18.15u	Fitness (Simone)
	19.00u-21.00u	Mama in Balans (Sarah)
Donderdag	08.00u-18.30u	VRIJE INLOOP
	10.00u-11.00u	Poweryoga (Simone)
	11.00u-13.30u	Personal Training (Simone)
	13.30u-14.30u	Fitness (Simone)
	14.30u-17.00u	Personal Training (Simone)
	18.30u-19.30u	Pilates (Nelette)
	19.30u-20.30u	Training Wielrenners Blue Train (Nelette)
	20.30u-21.30u	Bootcamp (Nelette)
Vrijdag	08.00u-09.00u	VRIJE INLOOP
	09.00u-10.00u	Pilates (Nelette)
	10.00u-18.00u	VRIJE INLOOP
	16.00u-17.00u	Total Body workout (Michiel)
	17.00u-18.00u	SKI Fit training incl. Après ski (Michiel)
Zaterdag	08.00u-10.00u	Total Body workout / VRIJE INLOOP (Michiel)
	10.00u-11.00u	Start 2 Run / VRIJE INLOOP (Michiel)
	11.00u-12.00u	VRIJE INLOOP (Michiel)