

Rooster juli 2020 (GOFIT-19)

Maandag		Dinsdag		Woensdag		Donderdag		Vrijdag		Zaterdag	
08:00 - 08:50 Vrije fitness		08:00 - 09:50 Vrije fitness		08:30 - 09:50 Vrije fitness		08:30 - 09:50 Vrije fitness		08:30 - 10:50 Vrije fitness		08:00 - 09:50 Vrije fitness	
09:00 - 09:50 Start van de week	09:00 - 09:50 Start van de week		09:00 - 09:50 Circuit training		09:00 - 09:50 Circuit training		09:00 - 09:50 Circuit training		09:00 - 09:50 Circuit training	10:00 - 13:00 Vrije fitness	09:00 - 09:50 Body Pump
10:00 - 10:50 Circuit training	10:00 - 10:50 Yoga	10:00 - 10:50 Circuit training		10:00 - 10:50 Vrije fitness	10:00 - 10:50 Yoga	10:00 - 10:50 Circuit training	10:00 - 10:50 Power Yoga		10:00 - 10:50 Stoel Yoga		10:00 - 11:00 Yoga
11:00 - 11:50 Vrije fitness	11:00 - 11:50 Stoel Yoga	11:00 - 12:50 Vrije fitness		11:00 - 13:00 Vrije fitness		11:00 - 12:50 Vrije fitness		11:00 - 12:50 Vrije fitness			
12:00 - 14:00 Vrije fitness		13:00 - 13:50 Vrije fitness	13:00 - 13:50 Circuit training	15:30 - 17:50 Vrije fitness		13:00 - 13:50 Vrije fitness	13:00 - 13:50 Circuit training	16:00 - 17:50 Vrije fitness			
14:00 - 14:50 Medisch Fitness		14:00 - 15:50 Vrije fitness				14:00 - 14:50 Medisch Fitness					
15:00 - 17:50 Vrije fitness		16:00 - 17:50 Vrije fitness				15:00 - 17:50 Vrije fitness					
18:00 - 18:50 Vrije fitness		18:00 - 18:50 Vrije fitness		18:00 - 18:50 Vrije fitness		18:00 - 18:50 Vrije fitness		18:00 - 19:50 Vrije fitness			
	19:00 - 19:50 Circuit training	19:00 - 21:20 Vrije fitness	19:00 - 19:30 Circuit training	19:00 - 19:50 Circuit training	19:00 - 19:50 Circuit training	19:00 - 21:20 Vrije fitness	19:00 - 19:30 Circuit training		19:00 - 19:50 Circuit training		
20:00 - 21:20 Circuit training	20:00 - 21:00 Power Yoga		19:30 - 20:30 Body Pump	20:00 - 21:20 Vrije fitness	20:00 - 21:00 Power Yoga		19:30 - 20:30 Body Pump				