

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
08:30 - 09:00 Circuit training		08:30 - 09:00 Circuit training		08:30 - 09:45 Circuit training	
09:00 - 09:30 Circuit training	09:00 - 09:45 Circuit training	09:00 - 09:30 Circuit training	09:00 - 09:45 Circuit training	09:15 - 10:00 Circuit training	09:00 - 10:00 Krachttraining
09:30 - 10:00 Circuit training		09:30 - 10:00 Circuit training			10:00 - 11:00 Yoga
10:00 - 10:30 Dans		10:00 - 11:00 Yoga		10:00 - 11:00 Stoel Yoga	
10:30 - 11:30 Stoel Yoga		11:00 - 12:00 Stoel Yoga			
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13:00 - 14:00 Medisch Fitness	13:00 - 14:00 Circuit training		13:00 - 14:00 Circuit training	13:00 - 14:00 Medisch Fitness	
14:00 - 15:00 Medisch Fitness			14:00 - 15:00 Medisch Fitness		
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	18:30 - 19:00 Circuit training				
19:00 - 19:30 Circuit training	19:00 - 20:00 Zwanger en Fit	19:00 - 19:30 Circuit training	19:00 - 19:30 Circuit training	19:00 - 19:45 Circuit training	
19:30 - 20:00 Circuit training	20:00 - 21:00 Body Pump	19:30 - 20:00 Circuit training	19:30 - 23:00 Body Pump		
20:00 - 20:30 Circuit training		20:00 - 21:00 Yoga			
20:00 - 21:00 Yoga					