

| Maandag                             | Dinsdag                              | Woensdag                                        | Donderdag                            | Vrijdag                             | Zaterdag                            |
|-------------------------------------|--------------------------------------|-------------------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|
| Circuit training<br>→ 08:30 - 09:15 |                                      | Circuit training<br>→ 09:00 - 09:45             |                                      | Circuit training<br>→ 08:45 - 09:30 | Circuit training<br>→ 08:30 - 09:15 |
| Circuit training<br>→ 09:15 - 09:45 | Circuit training<br>→ 09:00 - 09:45  | Yoga<br>→ 10:15 - 11:15                         | Circuit training<br>→ 09:00 - 09:45  |                                     | Circuit training<br>→ 09:15 - 10:00 |
| Dans<br>→ 09:45 - 10:15             | Circuit training<br>→ 09:45 - 10:30  | Stoel Yoga<br>→ 11:15 - 12:15                   | Circuit training<br>→ 09:45 - 10:30  |                                     | Yoga<br>→ 10:00 - 11:00             |
| Stoel Yoga<br>→ 10:15 - 11:15       |                                      |                                                 |                                      |                                     |                                     |
| Stoel Yoga<br>→ 11:15 - 12:15       |                                      |                                                 |                                      |                                     |                                     |
| ..... Middag .....                  |                                      |                                                 |                                      |                                     |                                     |
|                                     |                                      |                                                 |                                      | Medisch Fitness<br>→ 13:00 - 14:00  |                                     |
| Medisch Fitness<br>→ 14:00 - 15:00  | Medisch Fitness<br>→ 14:00 - 15:00   |                                                 | Medisch Fitness<br>→ 14:00 - 15:00   |                                     |                                     |
| ..... Avond .....                   |                                      |                                                 |                                      |                                     |                                     |
| Circuit training<br>→ 19:00 - 19:45 | Small Group<br>→ 19:00 - 20:00       | Circuit training<br>→ 19:00 - 19:45             | Kracht & Interval<br>→ 19:30 - 20:15 | Circuit training<br>→ 19:00 - 19:45 |                                     |
| Yoga<br>→ 20:00 - 21:00             | Kracht & Interval<br>→ 19:30 - 20:15 | Zwanger & Fit +<br>Mam & Fit<br>→ 19:45 - 20:45 |                                      |                                     |                                     |