

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