

	Maandag		Dinsdag		Woensdag		Donderdag		Vrijdag		Zaterdag	
07.30	Individuele		Individuele		Individuele		Individuele		Individuele			
07.45	Training	Circuit Training	Training		Training		Training	Circuit Training	Training		Circuit Training	
	07.30 - 09.00	07.45 - 08.45	07.30 - 09.00		07.30 - 09.00		07.30 - 09.00	07.45 - 08.45	07.30 - 09.00		07.45 - 08.45	
09.00	Circuit Training				Circuit Training		Circuit Training				Circuit Training	Bootcamp
09.15	09.00 - 10.00		Circuit Training		09.00 - 10.00		09.00 - 10.00		Circuit Training		09.00 - 10.00	09.00 - 10.00
			09.15 - 10.15						09.15 - 10.15			
10.00	Individuele				Individuele		Individuele				Individuele	
	Training				Training		Training				Training	
10.30	10.00 - 11.30		Senioren Fit		10.00 - 11.30		10.00 - 11.30		Senioren Fit		10.00 - 11.30	
			10.30 - 11.30						10.30 - 11.30			
11.30		Senioren Fit						Senioren Fit				
		11.30 - 12.30						11.30 - 12.30				
12.00	Individuele		Individuele				Individuele		Individuele			
	Training		Training				Training		Training			
	12.00 - 14.00		12.00 - 14.00				12.00 - 14.00		12.00 - 14.00			
14.00												
17.00							Individuele					
17.15	Circuit Training						Training	Circuit Training				
	17.15 - 18.15						17.00 - 19.00	17.15 - 18.15				
18.00			Individuele		Individuele				Individuele			
18.15	Individuele		Training		Training				Training			
18.30	Training		18.00 - 19.30		18.00 - 19.30				18.00 - 20.00			
18.45	18.15 - 19.45			Circuit Training				Circuit Training				
				18.45 - 19.45				18.45 - 19.45				
19.00							Individuele					
							Training					
19.30			Individuele		Circuit Training		19.00 - 21.00					
19.45	Circuit Training		Training		19.30 - 20.30							
	19.45 - 20.45		19.30 - 21.00									