

## Blad1

ZOMERVAKANTIE 2019 – 1e 3 weken							
		Week 28		Week 29 – Vierdaagse		Week 30	
<b>ma</b>	<b>8</b>			<b>15</b>		<b>22</b>	
08.30 – 13.00		09.00 – 10.00	TBT		09.00 – 10.00	TBT	09.00 – 10.00
17.00 – 22.30		17.00 – 18.00	TeensFit		17.00 – 18.00	TeensFit	17.00 – 18.00
		19.15 – 20.00	XCO		20.00 – 21.00	Sixty seconds Cardio	19.15 – 20.00
		20.00 – 21.00	Sixty seconds Cardio				20.00 – 21.00
							Sixty seconds Cardio
<b>di</b>	<b>9</b>			<b>16</b>		<b>24</b>	
08.30 – 13.00							
17.00 – 22.30		18.30 – 19.30	Kids boxing		19.00 – 20.00	Pilates	18.30 – 19.30
		19.00 – 20.00	Pilates		19.30 – 20.30	Indoor Bootcamp	19.00 – 20.00
		19.30 – 20.30	Bootcamp				19.30 – 20.30
							Bootcamp
<b>wo</b>	<b>10</b>			<b>17</b>		<b>24</b>	
08.30 – 13.00		09.00 – 10.00	TBT		09.00 – 10.00	TBT	09.00 – 10.00
17.00 – 22.30		19.15 – 20.00	XCO				19.15 – 20.00
							XCO
<b>do</b>	<b>11</b>			<b>18</b>		<b>25</b>	
08.30 – 13.00							
17.00 – 22.30		17.00 – 18.00	Kids weightlifting		17.00 – 18.00	Kids weightlifting	17.00 – 18.00
		19.30 – 20.30	Sixty seconds Mixed		19.30 – 20.30	Sixty seconds Mixed	19.30 – 20.30
		20.00 – 21.00	Boksfitness		20.00 – 21.00	Boksfitness	20.00 – 21.00
							Boksfitness
<b>vr</b>	<b>12</b>			<b>19</b>	Na 13 uur gesloten	<b>26</b>	
08.30 – 21.00		09.00 – 10.00	TBT		09.00 – 10.00	TBT	09.00 – 10.00
		10.15 – 11.15	YOGA		10.15 – 11.15	YOGA	10.15 – 11.15
		16.00 – 17.15	Power training for HER				16.00 – 17.15
		18.00 – 19.00	Streetdance (1+2)				Power training for HER
<b>za</b>	<b>13</b>			<b>20</b>		<b>27</b>	
09.30 – 14.00		10.00 – 11.00	Sixty seconds Strength		10.00 – 11.00	Sixty seconds Strength	10.00 – 11.00
							Sixty seconds Strength
<b>zo</b>	<b>14</b>			<b>21</b>		<b>28</b>	
09.30 – 14.00		10.00 – 10.45	Kids fit		10.00 – 10.45	Kids fit	10.00 – 10.45
		11.00 – 12.15	Power training for HER		10.00 – 11.00	Boksfitness	10.00 – 11.00
					11.00 – 12.15	Power training for HER	10.00 – 11.00
							Power training for HER

## Blad2

ZOMERVAKANTIE 2019 – laatste 3 weken							
Week 31			Week 32			Week 33	
<b>ma</b>	<b>29</b>		<b>5</b>		<b>12</b>		
08.30 – 13.00	09.00 – 10.00	TBT	09.00 – 10.00	TBT	09.00 – 10.00	TBT	
17.00 – 22.30	17.00 – 18.00	TeensFit	17.00 – 18.00	TeensFit	17.00 – 18.00	TeensFit	
	19.15 – 20.00	XCO	19.15 – 20.00	XCO	19.15 – 20.00	XCO	
	20.00 – 21.00	Sixty seconds Cardio	20.00 – 21.00	Sixty seconds Cardio	20.00 – 21.00	Sixty seconds Cardio	
<b>di</b>	<b>30</b>		<b>6</b>		<b>13</b>		
08.30 – 13.00							
17.00 – 22.30	18.30 – 19.30	Kids Boxing	18.30 – 19.30	Kids fit	18.30 – 19.30	Kids fit	
	19.00 – 20.00	Pilates	19.00 – 20.00	Pilates	19.00 – 20.00	Pilates	
	19.30 – 20.30	Bootcamp	19.30 – 20.30	Indoor Bootcamp	19.30 – 20.30	Indoor Bootcamp	
<b>wo</b>	<b>31</b>		<b>7</b>		<b>14</b>		
08.30 – 13.00	09.00 – 10.00	TBT	09.00 – 10.00	TBT	09.00 – 10.00	TBT	
17.00 – 22.30	19.15 – 20.00	XCO	19.15 – 20.00	XCO	19.15 – 20.00	XCO	
<b>do</b>	<b>1</b>		<b>8</b>		<b>15</b>		
08.30 – 13.00							
17.00 – 22.30	17.00 – 18.00	Kids weightlifting	17.00 – 18.00	Kids weightlifting	17.00 – 18.00	Kids weightlifting	
	19.30 – 20.30	Sixty seconds Mixed	19.30 – 20.30	Sixty seconds Mixed	19.30 – 20.30	Sixty seconds Mixed	
	20.00 – 21.00	Boksfitness	20.00 – 21.00	Boksfitness	20.00 – 21.00	Boksfitness	
<b>vr</b>	<b>2</b>		<b>9</b>		<b>16</b>		
08.30 – 21.00	09.00 – 10.00	TBT	09.00 – 10.00	TBT	09.00 – 10.00	TBT	
	18.00 – 19.00	Streetdance (1+2)	18.00 – 19.00	Streetdance (1+2)	10.15 – 11.15	YOGA	
	16.00 – 17.15	Power training for HER	16.00 – 17.15	Power training for HER	16.00 – 17.15	Power training for HER	
					18.00 – 19.00	Streetdance (1+2)	
<b>za</b>	<b>3</b>		<b>10</b>		<b>17</b>		
09.30 – 14.00	10.00 – 11.00	Sixty seconds Strength	10.00 – 11.00	Sixty seconds Strength	10.00 – 11.00	Sixty seconds Strength	
<b>zo</b>	<b>4</b>		<b>11</b>		<b>18</b>		
09.30 – 14.00	10.00 – 10.45	Kids fit	10.00 – 10.45	Kids fit	10.00 – 10.45	Kids fit	
	10.00 – 11.00	Boksfitness	10.00 – 11.00	Boksfitness	10.00 – 11.00	Boksfitness	
	11.00 – 12.15	Power training for HER	11.00 – 12.15	Power training for HER	11.00 – 12.15	Power training for HER	