

TRAININGSAGENDA



TIJD	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG
08:30-09:00					VRIJE FITNESS
09:00-09:30	VRIJE FITNESS	VRIJE FITNESS	VRIJE FITNESS		VRIJE FITNESS
09:30-10:00	VRIJE FITNESS	VRIJE FITNESS	VRIJE FITNESS		SYNRGY
10:00-10:30	VRIJE FITNESS	VRIJE FITNESS	VRIJE FITNESS		SYNRGY
10:30-11:00	VRIJE FITNESS	VRIJE FITNESS	VRIJE FITNESS		VRIJE FITNESS
11:00-11:30					VRIJE FITNESS
11:30-12:00					
12:00-12:30					
12:30-13:00					
13:00-13:30	VRIJE FITNESS			VRIJE FITNESS	VRIJE FITNESS
13:30-14:00	VRIJE FITNESS	VRIJE FITNESS		VRIJE FITNESS	VRIJE FITNESS
14:00-14:30	VRIJE FITNESS	VRIJE FITNESS		VRIJE FITNESS	VRIJE FITNESS
14:30-15:00	VRIJE FITNESS	VRIJE FITNESS		VRIJE FITNESS	VRIJE FITNESS
15:00-15:30	VRIJE FITNESS	FITSTROKE		FITSTROKE	VRIJE FITNESS
15:30-16:00	VRIJE FITNESS	FITSTROKE		FITSTROKE	VRIJE FITNESS
16:00-16:30	VRIJE FITNESS	FITSTROKE		FITSTROKE	VRIJE FITNESS
16:30-17:00	VRIJE FITNESS	HYPERMOBILITEIT		VRIJE FITNESS	VRIJE FITNESS
17:00-17:30		HYPERMOBILITEIT			
17:30-18:00					
18:00-18:30		BLESSURE-SPREEKUUR	VRIJE FITNESS		
18:30-19:00	FYSIOFITNESS		VRIJE FITNESS		
19:00-19:30	FYSIOFITNESS		VRIJE FITNESS		
19:30-20:00	SYNRGY	SYNRGY		SYNRGY	
20:00-20:30	SYNRGY	SYNRGY		SYNRGY	