

Tijd	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
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10:00	09:30 - 10:00 0 / 50 Fitness 10:00 - 11:00 0 / 50 Fitness		09:30 - 10:00 0 / 50 fitness ladies only 10:00 - 11:00 0 / 50 fitness ladies only	09:30 - 10:00 0 / 50 Fitness 10:00 - 11:00 0 / 50 Fitness	09:30 - 10:00 0 / 50 Fitness 10:00 - 11:00 0 / 50 Fitness	10:00 - 11:00 0 / 50 Fitness	
11:00	11:00 - 12:00 0 / 20 Fitness		11:00 - 12:00 0 / 50 fitness ladies only	11:00 - 12:00 0 / 20 Fitness	11:00 - 12:00 0 / 20 Fitness	11:00 - 12:00 wedstrijd tra training	11:00 - 12:00 Fitness 11:00 - 12:00 fitness ladies only
12:00	12:00 - 13:00 0 / 50 Fitness			12:00 - 13:00 0 / 50 Fitness	12:00 - 13:00 0 / 50 Fitness	12:00 - 13:00 Fitness 12:00 - 13:00 wedstrijd training/	12:00 - 13:00 kickboksen 12:00 - 13:00 fitness ladies only
13:00	13:00 - 14:00 0 / 50 Fitness			13:00 - 14:00 0 / 50 Fitness			
14:00	14:00 - 15:00 0 / 50 Fitness		14:00 - 15:00 0 / 50 Fitness	14:00 - 15:00 0 / 50 Fitness			
15:00	15:00 - 16:00 0 / 50 Fitness		15:00 - 16:00 0 / 50 Fitness	15:00 - 16:00 0 / 50 Fitness	15:00 - 16:00 0 / 50 Fitness		
16:00	16:00 - 17:00 0 / 50 Fitness		16:00 - 17:00 0 / 50 Fitness	16:00 - 17:00 0 / 50 Fitness	16:00 - 17:00 0 / 50 Fitness		
17:00	17:00 - 18:00 kids (kick)bc 17:00 - 18:00 Fitness		17:00 - 18:00 Fitness 17:00 - 18:00 kids (kick)bok...	17:00 - 18:00 0 / 50 Fitness	17:00 - 18:00 0 / 50 Fitness		
18:00	18:00 - 19:00 kids (kick)bc 18:00 - 19:00 Fitness		18:00 - 19:00 Fitness 18:00 - 19:00 kids (kick)bok...	18:00 - 19:00 0 / 50 Fitness	18:00 - 19:00 0 / 50 Fitness		
19:00	19:00 - 20:00 kids (kick)bc 19:00 - 20:00 Fitness	19:00 - 20:00 fitness ladie 19:00 - 20:00 Boxing 45 ladies only	19:00 - 20:00 kids (kick)bc 19:00 - 20:00 Fitness	19:00 - 20:00 0 / 50 Fitness	19:00 - 20:00 0 / 50 Fitness		
20:00	20:00 - 21:00 0 / 50 Fitness		20:00 - 21:00 0 / 50 Fitness	20:00 - 21:00 0 / 50 Fitness	20:00 - 21:00 0 / 50 Fitness		
21:00	20:30 - 21:30 Boxing 45	20:30 - 21:30 Fitness 20:30 - 21:30 kickboksen		20:30 - 21:30 Heavybag	20:30 - 21:30 Boxercise		
22:00							

Legenda:



Groepslessen vanaf 18 jaar



Groepslessen ladies only



Groepslessen kinderen en jeugd



Wedstrijdtraining



Fitness vanaf 16 jaar



Fitness ladies only



Gesloten