

Trainingstijden 2011



Maandag:	10.00 – 11.15 u (<i>vrije training</i>) 18.00 – 19.15 u (<i>vrije training</i>) 18.45 – 20.00 u (<i>vrije training</i>) 20.00 – 21.30 u (<i>circuittraining</i>)
Dinsdag:	10.00 – 11.15 u (<i>vrije training</i>)
Woensdag:	10.00 – 11.15 u (<i>vrije training</i>) 18.00 – 19.30 u (<i>vrije training</i>) 19.30 – 20.30 u (<i>PostPartum-cursus</i>) 20.30 – 21.30 u (<i>Karin's KwaliteitsKlas</i>)
Donderdag:	10.00 – 11.15 u (<i>vrije training</i>) 18.00 – 19.15 u (<i>vrije training</i>) 18.45 – 20.00 u (<i>vrije training</i>) 20.00 – 21.30 u (<i>circuittraining</i>)
Vrijdag:	10.00 – 11.15 u (<i>vrije training</i>)
Zaterdag:	9.30 – 10.45 u (<i>vrije training</i>) 10.15 – 11.30 u (<i>vrije training</i>)