

| Fitness training |             |              |            |
|------------------|-------------|--------------|------------|
| <b>Maandag</b>   | 09:00-11:00 | Bjorno/Mandy |            |
|                  | 16:00-18:00 | Saskia       |            |
|                  | 18:00-20:00 | Saskia       |            |
| <b>Dinsdag</b>   | 09:00-11:00 | Bjorno/Mandy | Senior-Fit |
|                  | 16:00-18:00 | Duane        |            |
|                  | 18:00-20:00 | Nour         |            |
| <b>Woensdag</b>  | 09:00-11:00 | Bjorno       |            |
|                  | 16:00-18:00 | Duane        |            |
|                  | 18:00-20:00 | Thomas       |            |
| <b>Donderdag</b> | 09:00-11:00 | Mandy/Saskia | Senior-Fit |
|                  | 16:00-18:00 | Saskia       |            |
|                  | 18:00-20:00 | Nour         |            |
| <b>Vrijdag</b>   | 09:00-11:00 | Bjorno       |            |
|                  | 16:00-18:00 | Duane        |            |
|                  | 18:00-20:00 | Thomas       |            |
| <b>Zaterdag</b>  | 09:00-12:00 | Thomas       |            |
| <b>Zondag</b>    | 09:00-12:00 | Nour         |            |

Let op: Alle trainingen zijn buiten!

Hou onze Social Media in de gaten en stel gerust je vragen wanneer je die hebt.

| Groepslessen     |              |            |        |
|------------------|--------------|------------|--------|
| <b>Maandag</b>   | 19:00        | BBB        | Mandy  |
|                  | 20:00        | XCO        | Mandy  |
| <b>Dinsdag</b>   | 09:00        | Senior-Fit | Mandy  |
|                  | 19:00        | GO-Outdoor | Saskia |
|                  | 20:00        | Stability  | Saskia |
| <b>Woensdag</b>  | 09:00        | XCO        | Mandy  |
|                  | 19:00        | Burn       | Mandy  |
| <b>Donderdag</b> | 09:00        | Senior-Fit | Saskia |
|                  | 19:00        | HIT        | Duane  |
| <b>Vrijdag</b>   | 09:00        | BBB        | Saskia |
|                  | 10:00        | Stability  | Saskia |
| <b>Zaterdag</b>  | <b>09:00</b> | XCO        | Mandy  |
| <b>Zondag</b>    | 10:30        | Burn       | Sandra |

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| Groepslessen Budo |                    |                                             |              |
|-------------------|--------------------|---------------------------------------------|--------------|
| Maandag           | 16:00-16:45        | Judo 4-5-6 jr.                              | Bjorno       |
|                   | 17:00-17:45        | Judo 7-8-9 jr.                              | Bjorno       |
|                   | 18:00-18:45        | Judo 10-11-12 jr.                           | Bjorno       |
|                   | <b>18:45-19:30</b> | MMA tot 12 jr.                              | Duane        |
|                   | <b>19:00-20:30</b> | Judo conditie -15 jr. -18 jr.               | Bjorno       |
|                   | <b>19:30-20:15</b> | MMA 12 t/m 18 jr.                           | Duane        |
|                   | <b>20:15-21:00</b> | Combat-Fit. MMA 18+                         | Duane        |
| Dinsdag           | 17:00-17:45        | Judo 6-7-8 jr.                              | Bjorno       |
|                   | 18:00-19:00        | Judo selectie -12                           | Duane        |
|                   | <b>19:15-20:00</b> | Judo techniek 13+                           | Duane        |
|                   | 20:15-21:00        | Combat-Fit. Boxercise 16+ ♀♂                | Duane        |
| Woensdag          | 15:00-15:45        | Judo 3-4 jr.                                | Bjorno       |
|                   | 16:00-16:45        | Judo 5-6-7-8 jr.                            | Bjorno       |
|                   | 17:00-18:00        | Judo regulier 12+                           | Abba         |
|                   | <b>19:45-20:30</b> | Combat-Fit. BJJ 16+                         | Frans/Duane  |
| Donderdag         | 16:00-16:45        | Judo 5-6-7-8 jr.                            | Bjorno       |
|                   | 17:00-17:45        | Judo 9-10-11-12 jr.                         | Bjorno       |
|                   | 18:00-19:00        | Judo selectie -12                           | Bjorno       |
|                   | <b>19:30-20:15</b> | Judo <u>Randori</u>                         | Bjorno/Duane |
| Vrijdag           | 16:00-16:45        | Judo 5-6-7 jr.                              | Daan         |
|                   | 17:00-17:45        | Judo 8-9-10-11 jr.                          | Daan         |
|                   | <b>18:00-18:45</b> | Boxercise 12 t/m 18 <u>Bokshandschoenen</u> | Daan         |
|                   | 19:00-19:45        | Combat-Fit. Boxercise 16+                   | Duane        |
| Zaterdag          |                    |                                             |              |
| Zondag            | 09:15-10:00        | Judo 3-4-5 jr.                              | Daan         |

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