

## TRAININGSTIJDEN **ARCUS MEDISCH FIT**

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
07.30 - 09.00 Wilma	07.30 - 09.00 Christine	07.30 - 09.00 Anke	07.30 - 09.00 Gerdieke	07.30 - 09.00 Wilma	08.00 - 9.30 wisselend
09.00 - 10.30 Marleen	09.00 - 10.30 Irma / Brightly	09.00 - 10.30 Rita	09.00 - 10.30 Brightly	09.00 - 10.30 Maaïke	09.30 - 11.00 wisselend
10.30 - 12.00 Diederik/Rita	10.30 - 12.00 Ellen	10.30 - 12.00 Chris/Annelies	10.30 - 12.00 Gerdieke/ Roos	10.30 - 12.00 Diederik/Wilma	
<b>12.00 - 12.30 Pauze</b>					
12.30 - 14.00 Anke	12.30 - 14.00 Christine		12.30 - 14.00 Laurens	12.30 - 14.00 Ellen	
14.00 - 15.30 Diederik			14.00 - 15.30 Chris / Diederik	14.00 - 15.30 Marleen	
	15.30 - 17.00 Bas	15.30 - 17.00 Diederik	15.30 - 17.00 Diederik		
17.00 - 18.30 Brightly			17.00 - 18.30 Rita	17.00 - 18.30 Jorieke	
18.30 - 20.00 Laurens	18.30 - 20.00 Annemarie	18.30 - 20.00 Jorieke	18.30 - 20.00 Diederik		
20.00 - 21.30 Leonie	20.00 - 21.30 Rita	20.00 - 21.30 Brightly	20.00 - 21.30 Diederik		