

Trainingstijden Arcus Medisch Fit

V3.1

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
07.30 - 09.00 Wilma	07.30 - 09.00 Christine	07.30 - 09.00 Rita	07.30 - 09.00 Eke	07.30 - 09.00 Wilma	08.00-11.00 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	
10.30 - 12.00 Diederik Rita	10.30 - 12.00 Ellen	10.30 - 12.00 Chris-Ann H & L	10.30 - 12.00 care Dianne-Eke	10.30 - 12.00 Diederik-Vera	
12.00 - 12.30 Pauze					
12.30 - 14.00 Ellen	12.30 - 14.00 (MF) Christine		12.30 - 14.00 Laurens	12.30 - 14.00 Ellen	
14.00 - 15.30 Diederik/Jorieke			13.45 - 14.30 Chris -Dier H & L	14.00 - 15.30 Marleen	
	15.30 - 17.00 Marco	15.30 - 17.00 Diederik	15.30 - 17.00 Diederik		
17.00 - 18.30 Brightly			17.00 - 18.30 Rita	17.00 - 18.30 Vera	
18.30 - 20.00 Laurens	18.30 - 20.00 Annemarie	18.30 - 20.00 Eke	18.30 - 20.00 Diederik		
20.00 - 21.30 Marco	20.00 - 21.30 Rita	20.00 - 21.30 Brightly	20.00 - 21.30 Diederik		