

TRAININGSTIJDEN **ARCUS MEDISCH FIT**

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
07.30 - 09.00 Wilma	07.30 - 09.00 Nadia	07.30 - 09.00 Rita	07.30 - 09.00 Martine	07.30 - 09.00 Martine	08.00-11.00 wisselend
09.00 - 10.30 Annemarie	09.00 - 10.30 Irma	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 Marleen	10.30 - 12.00 Chris-Annelies	10.30 - 12.00 Dianne-Eke	10.30 - 12.00 Diederik-Vera	
12.00 - 12.30 Pauze					
12.30 - 14.00 Vera	12.30 - 14.00 Annemarie		12.30 - 14.00 Jorieke	12.30 - 14.00 Paige	
14.00 - 15.30 Diederik-Jorieke			14.00 - 15.30 Chris-Diederik	14.00 - 15.30 Diederik	
	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 Marleen	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		