

## Begeleiding fitness OKTOBER 2024

DATUM	DENNY	SAM	YARA
ma 30 sep	08:30-14:00 + 18:00-21:30		8:30-11:30
di 1 okt	07:30-13:30 + 18:00-21:30	09:00-12:00 + 13:00-16:00	8:30-11:30
wo 2 okt	07:30-13:00 + 18:30-21:30		
do 3 okt	07:30-12:00 + 13:00-15:00	09:00-12:00 + 13:00-16:00	
vr 4 okt	07:30-14:00		8:30-10:30
za 5 okt			
ma 7 okt	07:30-14:00 + 18:00-21:30		8:30-11:30
di 8 okt	07:30-13:30 + 18:00-21:30	09:00-12:00 + 13:00-16:00	8:30-11:30
wo 9 okt	07:30-13:00 + 18:30-21:30		
do 10 okt	07:30-12:30 + 13:30-16:30	09:00-12:00 + 13:00-16:00	
vr 11 okt	07:30-12:30		8:30-13:00
za 12 okt			
ma 14 okt	07:30-14:00 + 18:00-20:30		8:30-11:30
di 15 okt	07:30-13:30 + 18:00-21:30	09:00-12:00 + 13:00-16:00	8:30-11:30
wo 16 okt	07:30-15:30		
do 17 okt	08:30-12:30 + 13:30-16:30	09:00-12:00 + 13:00-16:00	
vr 18 okt	07:30-14:30		8:30-13:00
za 19 okt			
ma 21 okt	08:30-14:00 + 18:00-20:30		8:30-11:30
di 22 okt	07:30-13:30 + 18:00-21:30	09:00-12:00 + 13:00-16:00	8:30-11:30
wo 23 okt	07:30-13:00 + 18:30-21:30		
do 24 okt	07:30-12:30 + 13:30-16:30	09:00-12:00 + 13:00-16:00	
vr 25 okt	07:30-13:30		8:30-13:00
za 26 okt			
ma 28 okt	08:30-14:00 + 18:00-21:30	09:00-12:00 + 13:00-16:00	8:30-11:30
di 29 okt	07:30-13:30 + 18:00-21:30		8:30-11:30
wo 30 okt	07:30-13:30 + 18:30-21:30	09:00-12:00 + 13:00-16:00	
do 31 okt	08:30-12:30 + 13:30-16:30		
vr 1 nov	07:30-13:30		8:30-13:00
za 2 nov			