

	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
8 u							
9 u						CROSSFIT	
10 u	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
11 u	ROMWOD	ROMWOD	ROMWOD	ROMWOD	ROMWOD	CROSSFIT	OLY LIFT
12 u							
14 u							
15 u	CROSSFIT			CROSSFIT			
16 u							
17 u	ENDURANCE			ENDURANCE			
18 u	CROSSFIT	ROMWOD	ROMWOD	CROSSFIT	ENDURANCE		
19 u	ROMWOD	ENDURANCE	ENDURANCE	ROMWOD	ENDURANCE		
20 u	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
21 u	ENDURANCE	CROSSFIT	FUNCTIONAL	CROSSFIT	ENDURANCE		



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