		rooster per 15 janauri 2022									
ma		**di**		**woe**		**do**		**vrij**		**zat**	
7.45 12.30 binnen	Nick/Marian	7.45-12.30 binnen	Nick	7.45-12.30 binnen	Marian	7.45-10.00 binnen	Nick/Robin	7.45-13.00 binnen	Robin/Marian	8.30 -9.15 circuit	Robin/Nick
8.30-9.00 sporttuin	Robin/Nick	8.15-9.00 WVB	Marian	8.30-9.00 sporttuin	Robin/Nick	8.15-9.00 WVB	Marian	8.30-9.00 sporttuin	Nick/Robin	9.15-10.00 circuit	
9.00-9.45		9.00-9.45 WVB		9.00-9.45		9.00 -9.45 WVB		9.00-9.45		10.00-10.45 circuit	
9.45-10.30				9.45-10.30				9.45-10.30			
10.30-11.15 Boksfit				10.30-11.15 Boksfit				10.30-11.15 Boksfit			
16.00 -21.30 binnen	Robin	19.15-20.15 yoga		16.00-21.30 binnen	Robin/M						
18.30-19.15	Nick/Robin			18.30-19.15	Robin/Nick						
19.15-20.00				19.15-20.00							
20.00-20.45 Boksfit				20.00-20.45 Boksfit							
19.00-20.00 PW				19.00-20.00 PW							
sportuin											
Westerveldse bos											
Power Walking											
Circuittraining 45 min											
Boksfit											
Yoga											
Binnen (elke 10 min)											