

ma	di	woe	do	vrij	zat	
						Weezenlandenpark
8.30 WL park	8.30 WVB		8.30 WVB	8.30 WL park		Westerveldsebos Kolksteeg
9.00 WL park	9.00 WVB	9.00-10.30 wandel	9.00 WVB	9.00 WL park	9.00 bootwalk	PT= 1 op 1 buiten
	9.30 PT		9.30 PT			CC =coaching
	10.00 PT		10.00 PT			wandelen vanaf de Forelkolk
	10.30 PT		10.30 PT			circuit indoor
	11.00 CC		11.00 CC			BW =bootwalk groepen
						Yoga
19.00 WL park		19.00 WL park				
19.30 WL park		19.30 WL park				

Binnensport rooster						
ma	di	woe	do	vrij	zat	
10.00		8.00		8.00	09:45 -10:30	
					circuittraining	
	10.00					
13.00	13.00	13.00		13.00		
16.30		16.30				
	17:30					
	Yoga					
22.00		22.00				