

Sportprogramma

Maandag:

11:00	12:00	Wandelen
13:00	16:00	Badminton
16:00	17:00	Voetbal
18:00	20:00	Volleybal

Dinsdag:

10:00	11:00	Ridder 7/9/11/13
11:00	12:00	Hardlopen
11:00	12:00	Badminton (Basics)
13:00	14:30	Badminton
14:30	16:00	Tennis

Woensdag:

9:30	11:00	Wandelen
11:00	12:00	FACT
15:00	16:00	Circuit training
16:00	17:00	Tafeltennis
18:00	20:00	Badminton

Donderdag:

10:00	11:00	Sportinloop
11:00	12:00	Ridder 5
13:00	14:30	Badminton
14:30	16:00	Tennis

Vrijdag:

10:00	11:00	Ridder 12/14
11:00	12:00	Tafeltennis
13:00	14:30	Badminton
14:30	16:00	Volleybal

Fitness:

ma	09:00 - 11:00 / 13:00 - 20:00
di	09:00 - 12:00 / 13:00 - 16:00
wo	15:00 - 17:00 / 18:00 - 20:00
do	09:00 - 12:00 / 13:00 - 16:00
vr	09:00 - 12:00 / 13:00 - 16:00