


















	Ma	Di	Wo	Do	Vrij	Za
09:00-10:00						
10:00-10:30	BBB		BBB		BBB	
10.30-11.30						
18:45-19:00		Buikspier kwartier		Buikspier kwartier		
18:45-19:30						
19.00-20.00						
19:30-20:15						
20:00-21:00						
20.15-21.00						

Almere
WellnessClub
Fitness

Spinning



	Ma	Di	Wo	Do	Vrij	Za
09:00-09.30	piet		piet		piet	
10:00-11:00						jolanda
10:30-11.:30	lilian		lilian		ilona	
19:00-20:00	jolanda	ilona	piet		jolanda	
19:30-20:30				lilian		