

Rooster trainingen Doorn

Tijden	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
07:00 – 08:00	Training		Training		Training	
08:00 – 09:00	Training		Training	Training	Training	Circuit (8.30 – 9.30)
09:00 – 10:00	Training	Training	SilverFit	Training	SilverFit	Training (9,30-10,30)
10:00 – 11:00	Training	Training	Training	Training	Training	Training (10.30-11.30)
11:30 – 12:30	Training	Training		Training		
13:00 – 14:00	Training				Training	
14:00 – 15:00		Training 13:30–14:30				
15:30 – 16:30					Training	
16:30 – 17:30	Training		Training	Training		
17:30 – 18:30	Training	SilverFit 18.00–19:00		SilverFit		
18:30 – 19:30			Training			
19:30 – 20:30	SilverFit	Training	SilverFit	Training		