

# LESROOSTER HOUTHAVENS

| <i><b>MA</b></i>     | <i><b>DI</b></i> | <i><b>WOE</b></i>    | <i><b>DO</b></i>      | <i><b>VRIJ</b></i> |
|----------------------|------------------|----------------------|-----------------------|--------------------|
| 17.30<br>Rugtraining | 19.00<br>Pilates | 18.00<br>Small Group | 16.00<br>Small Group  |                    |
| 18.30<br>Small Group | 20.00<br>Pilates |                      | 17.00<br>Small Group  |                    |
|                      |                  |                      | 18.00<br>Small Group  |                    |
|                      |                  |                      | 19.00<br>Fysio - Move |                    |
|                      |                  |                      |                       |                    |

# LESROOSTER WESTERSTRAAT

| <i><b>MA</b></i> | <i><b>DI</b></i> | <i><b>WOE</b></i>    | <i><b>DO</b></i> | <i><b>VRIJ</b></i>   |
|------------------|------------------|----------------------|------------------|----------------------|
|                  |                  | 09.30<br>Small Group |                  | 10.00<br>Small Group |
|                  |                  |                      |                  |                      |
|                  |                  |                      |                  |                      |
|                  |                  |                      |                  |                      |
|                  |                  |                      |                  |                      |