

**MA**



**CIRCUIT TRAINING**

**10.00  
FITNESS**



**6 - PACK**

**10.30  
FITNESS**



**CIRCUIT TRAINING**

**14.00  
FITNESS**



**6 - PACK**

**14.30  
FITNESS**



**CIRCUIT TRAINING**

**19.00  
FITNESS**



**6 - PACK**

**19.30  
FITNESS**

**DI**



**CIRCUIT TRAINING**

**19.00  
FITNESS**



**6 - PACK**

**19.30  
FITNESS**

**WO**



**CIRCUIT TRAINING**

**10.00  
FITNESS**



**6 - PACK**

**10.30  
FITNESS**



**CIRCUIT TRAINING**

**19.00  
FITNESS**



**6 - PACK**

**19.30  
FITNESS**

**DO**



**CIRCUIT TRAINING**

**19.00  
FITNESS**



**6 - PACK**

**19.30  
FITNESS**

**VRIJ**



**CIRCUIT TRAINING**

**10.00  
FITNESS**



**6 - PACK**

**10.30  
FITNESS**

**ZA**



**CIRCUIT TRAINING**

**10.00  
FITNESS**



**6 - PACK**

**10.30  
FITNESS**

**ZO**



**CIRCUIT TRAINING**

**10.00  
FITNESS**



**6 - PACK**

**10.30  
FITNESS**