

Rooster trainingen Somatic DOORN

Tijden	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
07:00 – 08:00	Training		Training		Training	
08:00 – 09:00	Training		Training	Training	Training	08:30 – 09:30
09:00 – 10:00	Training	Training	Training	Training	Training	09:30 – 10:30
10:00 – 11:00	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	Training (13:30–14:30)				
15:00 – 16:00					Training	
16:30 – 17:30	Training		Training (17:00–18:00)	Training	Training	
17:30 – 18:30	Training	Training (18.00–19:00)		Training		
18:30 – 19:30				Training		
19:30 – 20:30	Circ-training	Training	Circ-training	Training		
20:30 – 21:30	Training	Training	Training	Training		