

# ZAALROOSTER

2020

## Locatie: De Wedren

|                 |                      |                            |                         |
|-----------------|----------------------|----------------------------|-------------------------|
| <b>Maandag</b>  | <b>08.30 – 12.00</b> | <b>Revalidatietraining</b> | <b>Raymond Huber*</b>   |
|                 | <b>12.00 – 13.00</b> | <b>Medisch Fitness</b>     | <b>Raymond Huber</b>    |
|                 | <b>13.30 – 17.00</b> | <b>Revalidatietraining</b> | <b>Raymond Huber**</b>  |
|                 | <b>17.30 – 18.30</b> | <b>Medisch Fitness</b>     | <b>Astrid Verweij</b>   |
|                 | <b>18.45 – 19.45</b> | <b>BodyMix</b>             | <b>Astrid Verweij</b>   |
|                 | <b>20.00 – 21.00</b> | <b>Hatha-Yoga</b>          | <b>Katia Oome</b>       |
| <b>Dinsdag</b>  | <b>08.30 – 10.30</b> | <b>Revalidatietraining</b> | <b>Geen begeleiding</b> |
|                 | <b>10.45 – 11.45</b> | <b>Hatha-yoga</b>          | <b>Stella Schenke</b>   |
|                 | <b>12.00 – 13.00</b> | <b>Medisch Fitness</b>     | <b>Raymond Huber</b>    |
|                 | <b>13.30 – 17.00</b> | <b>Revalidatietraining</b> | <b>Raymond Huber**</b>  |
|                 | <b>17.30 – 18.30</b> | <b>Medisch Fitness</b>     | <b>Raymond Huber</b>    |
|                 | <b>18.45 – 19.45</b> | <b>Circuit training</b>    | <b>Raymond Huber</b>    |
| <b>Woensdag</b> | <b>08.15 – 09.15</b> | <b>Medisch Fitness</b>     | <b>Fem Verhoeven</b>    |
|                 | <b>09.30 – 10.30</b> | <b>Medisch Fitness</b>     | <b>Fem Verhoeven</b>    |
|                 | <b>10.45 – 11.45</b> | <b>SeniorFit</b>           | <b>Fem Verhoeven</b>    |
|                 | <b>12.00 – 13.00</b> | <b>Medisch Fitness</b>     | <b>Fem Verhoeven</b>    |
|                 | <b>13.30 – 17.00</b> | <b>Revalidatietraining</b> | <b>Geen begeleiding</b> |

\*) Begeleiding van 10.00 tot 12.00 uur / \*\*) Begeleiding van 14.00 tot 16.00 uur

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|                  |                      |                            |   |
|------------------|----------------------|----------------------------|---|
| <b>Donderdag</b> | <b>08.30 – 09.30</b> | <b>Revalidatietraining</b> | <b>Geen begeleiding</b>   |
|                  | <b>09.30 – 10.30</b> | <b>BodyMix</b>             | <b>Astrid Verweij</b>   |
|                  | <b>10.30 – 12.00</b> | <b>Revalidatietraining</b> | <b>Geen begeleiding</b>   |
|                  | <b>12.00 – 13.00</b> | <b>Medisch Fitness</b>     | <b>Raymond Huber</b>  |
|                  | <b>13.30 – 17.00</b> | <b>Revalidatietraining</b> | <b>Raymond Huber**</b>  |
|                  | <b>17.30 – 18.30</b> | <b>Pilates</b>             | <b>Raymond Huber</b>  |
|                  | <b>19.00 – 20.00</b> | <b>Pilates</b>             | <b>Raymond Huber</b>  |
| <b>Vrijdag</b>   | <b>08.30 – 10.30</b> | <b>Revalidatietraining</b> | <b>Geen begeleiding</b>   |
|                  | <b>10.45 – 11.45</b> | <b>Hatha-yoga</b>          | <b>Stella Schenke</b>   |
|                  | <b>12.00 – 13.00</b> | <b>Medisch Fitness</b>     | <b>Fem Verhoeven</b>  |
|                  | <b>13.30 – 17.00</b> | <b>Revalidatietraining</b> | <b>Raymond Huber**</b>  |
|                  | <b>17.15 – 18.15</b> | <b>Medisch Fitness</b>     | <b>Fem Verhoeven</b>  |
| <b>Zondag</b>    | <b>09.00 - 12.00</b> | <b>Vrije Fitness</b>       | <b>Arthur Raijmakers</b><br><b>Sophie Rietveld</b><br><br><b>Joris Rasing</b><br><b>Mart Ruks</b> |

**mchno**

**Fysio De Wedren**  
*Optimaal Vitaal*

