Rooster Groepslessen Zwembad Zomerperiode 2022

Week 29	Maandag 18 jul	Programma	Dinsdag 19 jul	Programma	Woensdag 20 jul	Programma	Donderdag 21 jul	Programma	Vrijdag 22 jul	Programma	Zondag 24 juli	Programma
	09.30-10.00	Aqua Fitness	14.00-14.30	Aqua Fitness	11.00-11.30	O&K 0-4	14.00-14.30	Aqua Fitness	10.00-10.30	Aqua Varia	09.15-12.45	vrijzwemmen
	10.00-10.30	Aqua Fitness	14.30-15.00	Aqua Fitness	19.15-19.45	Aqua Fitness	14.30-15.00	Aqua Fitness	10.30-11.00	O&K 0-4		
	13.45-14.15	Reumazwemmen	**19.15-19.45**	Aqua Fitness	19.45-20.15	Aqua Fitness						
	14.15-14.45	Aqua Fitness	**19.45-20.15**	Aqua Fitness								
	19.00-19.30	Aqua Fitness										
Week 30	**Maandag 25 jul**	**Programma**	**Dinsdag 26 jul**	**Programma**	**Woensdag 27 jul**	**Programma**	**Donderdag 28 jul**	**Programma**	**Vrijdag 29 jul**	**Programma**	**Zondag 31 juli**	**Programma**
	09.30-10.00	Aqua Fitness	14.00-14.30	Aqua Fitness	11.00-11.30	O&K 0-4	14.00-14.30	Aqua Fitness	10.00-10.30	Aqua Varia	09.15-12.45	vrijzwemmen
	10.00-10.30	Aqua Fitness	14.30-15.00	Aqua Fitness	19.15-19.45	Aqua Fitness	14.30-15.00	Aqua Fitness	10.30-11.00	O&K 0-4		
	13.45-14.15	Reumazwemmen	19.00-19.30	Aqua Fitness	19.45-20.15	Aqua Fitness						
	14.15-14.45	Aqua Fitness	19.30-20.00	Aqua Fitness								
	19.00-19.30	Aqua Fitness										
Week 31	**Maandag 1 aug**	**Programma**	**Dinsdag 2 aug**	**Programma**	**Woensdag 3 aug**	**Programma**	**Donderdag 4 aug**	**Programma**	**Vrijdag 5 aug**	**Programma**	**Zondag 7 aug**	**Programma**
	10.15-10.45	Aqua Fitness	14.00-14.30	Aqua Fitness	11.00-11.30	O&K 0-4	14.00-14.30	Aqua Fitness	10.00-10.30	Aqua Varia	09.15-12.45	vrijzwemmen
	10.45-11.15	Aqua Fitness	14.30-15.00	Aqua Fitness	19.15-19.45	Aqua Fitness	14.30-15.00	Aqua Fitness	10.30-11.00	O&K 0-4		
	13.45-14.15	Reumazwemmen	19.00-19.30	Aqua Fitness	19.45-20.15	Aqua Fitness						
	14.15-14.45	Aqua Fitness	19.30-20.00	Aqua Fitness								
	19.00-19.30	Aqua Fitness										
Week 32	**Maandag 8 aug**	**Programma**	**Dinsdag 9 aug**	**Programma**	**Woensdag 10 aug**	**Programma**	**Donderdag 11 aug**	**Programma**	**Vrijdag 12 aug**	**Programma**	**Zondag 14 aug**	**Programma**
	09.45-10.15	Aqua Fitness	14.00-14.30	Aqua Fitness	11.00-11.30	O&K zonder Ali			10.00-10.30	Aqua Varia	09.15-12.45	vrijzwemmen
	10.15-10.45	Aqua Fitness	14.30-15.00	Aqua Fitness	19.15-19.45	Aqua Fitness	14.30-15.00	Aqua Fitness	10.30-11.00	O&K zonder Ali		
	13.45-14.15	Reumazwemmen	19.00-19.30	Aqua Fitness	19.45-20.15	Aqua Fitness						
	14.15-14.45	Aqua Fitness	19.30-20.00	Aqua Fitness								
	19.00-19.30	Aqua Fitness										
Week 33	**Maandag 15 aug**	**Programma**	**Dinsdag 16 aug**	**Programma**	**Woensdag 17 aug**	**Programma**	**Donderdag 18 aug**	**Programma**	**Vrijdag 19 aug**	**Programma**	**Zondag 21 aug**	**Programma**
	09.45-10.15	**Aqua Fitness**	14.00-14.30	Aqua Fitness	11.00-11.30	O&K zonder Ali	14.00-14.30	Aqua Fitness			09.15-12.45	vrijzwemmen
	10.15-10.45	**Aqua Fitness**	14.30-15.00	Aqua Fitness	19.15-19.45	Aqua Fitness			10.30-11.00	O&K zonder Ali		
	13.45-14.15	Reumazwemmen	19.00-19.30	Aqua Fitness	19.45-20.15	Aqua Fitness						
	14.15-14.45	Aqua Fitness	19.30-20.00	Aqua Fitness								
	19.00-19.30	Aqua Fitness										
Week 34	**Maandag 22 aug**	**Programma**	**Dinsdag 23 aug**	**Programma**	**Woensdag 24 aug**	**Programma**	**Donderdag 25 aug**	**Programma**	**Vrijdag 26 aug**	**Programma**	**Zondag 28 aug**	**Programma**
	09.30-10.00	Aqua Fitness	14.00-14.30	Aqua Fitness	11.00-11.30	O&K zonder Ali	14.00-14.30	Aqua Fitness			09.15-12.45	vrijzwemmen
	10.00-10.30	Aqua Fitness	14.30-15.00	Aqua Fitness	19.15-19.45	Aqua Fitness	14.30-15.00	Aqua Fitness	10.30-11.00	O&K zonder Ali		
	13.45-14.15	Reumazwemmen	19.00-19.30	Aqua Fitness	19.45-20.15	Aqua Fitness						
	14.15-14.45	Aqua Fitness	19.30-20.00	Aqua Fitness								
	19.00-19.30	Aqua Fitness										