	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
07:00	Power Deadlift, Open Gym	Open Gym	Power Squat, Open Gym	Open Gym	Open Gym		
07:30							
08:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	S&C, Open Gym	
08:30							
09:00	Power Squat, Open Gym	S&C, Open Gym	Power Bench, Open Gym	S&C, Open Gym	Power Deadlift, Zak-training, Open Gym	Power Deadlift, Zak-training, Open Gym	Power Deadlift, Yoga
09:30							
10:00	Open Gym	Open Gym	Capacity, Open Gym	Open Gym	S&C, Open Gym	Power Squat, S&C	Power Bench, Yoga
10:30			e				
11:00	Open Gym	Open Gym	Open Gym	Open Gym	Fysio	Capacity	S&C, Open Gym
11:30							
12:00							
16:00	Power Bench, Open Gym	Open Gym	Open Gym	S&C, Open Gym	Open Gym		
16:30							
17:00	S&C, Open Gym	Open Gym	Power Squat, Fysio		Power Squat, Open Gym		
17:30				Open Gym			
18:00	S&C, Foun-dation, Fysio	Open Gym	S&C, Open Gym		S&C		
18:30		Capacity		Power Bench, S&C			
19:00	Power Squat, Zak-training, Open Gym	Power Squat, S&C	Power Deadlift, Zak-training, Open Gym		Foun-dation		
19:30				Power Squat, S&C			
20:00	S&C, Capacity, Zak-training, Open Gym	Power Deadlift, Open Gym	Power Bench, S&C				
20:30				Power Deadlift, Open Gym			
21:00							
21:30							