

ROOSTER CURSUSSEN

Sportcentrum Olympos

Periode 3:

13 februari t/m 8 april

Inschrijven voor een cursus kan vanaf 30 januari bij de sportdesk van Olympos of via de webshop: webshop.olympos.nl.

Maandag

| | Dans 1 | | Dans 2 | | MB-zaal | | Hal 1 | | Hal 2 | | Hal 3 | | Squash 1 & 2 |
|-------|-----------|-------|--------|-------|------------|-------|----------------------------|-------|------------------------------|-------|-------------------|-------|-------------------|
| 15.00 | | 15.00 | | 15.00 | | 15.00 | | 15.00 | Tennis indoor beginners | 15.00 | | 15.00 | |
| 15.30 | | 15.30 | | 15.30 | | 15.30 | | 15.30 | | 15.30 | | 15.30 | |
| 16.00 | | 16.00 | | 16.00 | | 16.00 | | 16.00 | Tennis indoor gev. beginners | 16.00 | | 16.00 | |
| 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | Bossaball NIEUW!! | 16.30 | |
| 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | |
| 17.30 | | 17.30 | | 17.30 | | 17.30 | Volleybal (ver)gevorderden | 17.30 | | 17.30 | | 17.30 | |
| 18.00 | Capoeira | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | Bossaball NIEUW!! | 18.00 | |
| 18.30 | | 18.30 | | 18.30 | Boksen | 18.30 | | 18.30 | | 18.30 | | 18.30 | |
| 19.00 | | 19.00 | | 19.00 | | 19.00 | | 19.00 | | 19.00 | | 19.00 | Squash beg. |
| 19.30 | | 19.30 | | 19.30 | Kickboksen | 19.30 | | 19.30 | | 19.30 | | 19.30 | 18.45 - 19.45 uur |
| 20.00 | Taekwondo | 20.00 | | 20.00 | | 20.00 | | 20.00 | | 20.00 | | 20.00 | Squash beg. |
| 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | 19.45 - 20.45 uur |
| 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | |
| 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | |

Dinsdag

| | Dans 1 | | Dans 2 | | MB-zaal | | Spinning | | Hal 1 | | Squash 1 & 2 | | Buiten |
|-------|--------|-------|--------|-------|-----------|-------|----------|-------|-------|-------|--------------|-------|--------|
| 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | |
| 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | |
| 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | |
| 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | |
| 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | |
| 19.00 | | 19.00 | | 19.00 | Krav Maga | 19.00 | | 19.00 | | 19.00 | | 19.00 | |
| 19.30 | | 19.30 | | 19.30 | | 19.30 | | 19.30 | | 19.30 | | 19.30 | |
| 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | |
| 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | |

Woensdag

| | Dans 1 | | Dans 2 | | MB-zaal | | Spinning | | Hal 1 | | Hal 2 | | Buiten |
|-------|--------|-------|--------|-------|------------|-------|----------|-------|-------|-------|-------------------------------|-------|-----------|
| 16.00 | | 16.00 | | 16.00 | | 16.00 | | 16.00 | | 16.00 | Tennis indoor halfgevorderden | 16.00 | |
| 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | | 16.30 | |
| 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | |
| 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | |
| 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | Hardlopen |
| 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | |
| 19.00 | | 19.00 | | 19.00 | Kickboksen | 19.00 | | 19.00 | | 19.00 | | 19.00 | |
| 19.30 | | 19.30 | | 19.30 | | 19.30 | | 19.30 | | 19.30 | | 19.30 | |
| 20.00 | | 20.00 | | 20.00 | Boksen | 20.00 | | 20.00 | | 20.00 | | 20.00 | |
| 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | |
| 21.00 | | 21.00 | | 21.00 | Krav Maga | 21.00 | | 21.00 | | 21.00 | | 21.00 | |
| 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | |
| 22.00 | | 22.00 | | 22.00 | | 22.00 | | 22.00 | | 22.00 | | 22.00 | |

Donderdag

| | Dans 1 | | Dans 2 | | MB-zaal | | Spinning | | Hal 1 | | Squash 1 & 2 | | Buiten |
|-------|--------|-------|--------------|-------|---------|-------|----------|-------|-------|-------|--------------|-------|--------|
| 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | | 17.00 | |
| 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | | 17.30 | |
| 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | | 18.00 | |
| 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | | 18.30 | |
| 19.00 | | 19.00 | Salsa | 19.00 | | 19.00 | | 19.00 | | 19.00 | | 19.00 | |
| 19.30 | | 19.30 | alle niveaus | 19.30 | | 19.30 | | 19.30 | | 19.30 | | 19.30 | |
| 20.00 | | 20.00 | | 20.00 | | 20.00 | | 20.00 | | 20.00 | | 20.00 | |
| 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | | 20.30 | |
| 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | | 21.00 | |
| 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | | 21.30 | |
| 22.00 | | 22.00 | | 22.00 | | 22.00 | | 22.00 | | 22.00 | | 22.00 | |

* De cursus pole fitness op woensdag start een week later, op woensdag 22 februari.