



SPORT CENTER
VAN DER VALK

VAKANTIEROOSTER

DEEL 2 | 29 JULI t/m 29 SEPTEMBER

WIJZIGINGEN ONDER VOORBEHOUD!

ELKE LES IN DIT ROOSTER KAN GEANNULEERD WORDEN WANNEER ER MINDER DAN 5 DEELNEMERS ZIJN AANGEMELD. SCHRIJF JE DAAROM OP TIJD IN!

CONTROLEER DE CLUBDRIVE APP VOOR HET MEEST ACTUELE LESROOSTER.



GROEPSLESZAAL

SPINNINGZAAL

FIT BOX

MAANDAG – 29 JULI	09.00	BODYPUMP	NICOLLE			08.45	CIRCUITTRAINING	FABIENNE	
	10.15	SENIOREN GYM	FABIENNE			09.30	CIRCUITTRAINING	FABIENNE	
	18.30	BODYPUMP	MONIQUE						
	19.30	BODYCOMBAT	MONIQUE	19.30	SPINNING	SANDRA	19.15	CIRCUITTRAINING	LOEK
	20.30	LES MILLS GRIT	SANDRA						
DINSDAG – 30 JULI	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	08.15	CIRCUITTRAINING	FABIENNE
	09.45	LES MILLS CORE	VIRTUEEL				10.15	CIRCUITTRAINING XL	FABIENNE
	19.00	LES MILLS CORE	SVEN				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.30	BODYFLEXIBILITY	SVEN	19.30	SPINNING	SANDRA			
	20.00	BODYPUMP	SVEN						
WOENSDAG – 31 JULI	08.00	LES MILLS GRIT	SANDRA	09.00	SPINNING	SANDRA	08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE	10.00	SPINNING CLASSICS	JEAN			
	10.00	BODYPUMP	SANDRA						
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	SVEN	19.00	SPINNING	VIRTUEEL	19.00	CIRCUITTRAINING XL	TIMO
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 1/8						08.45	CIRCUITTRAINING XL	FABIENNE	
						10.15	CIRCUITTRAINING XL	FABIENNE	
	18.30	BODYPUMP	SVEN			19.00	HIIT POWER	LOEK	
	19.30	LES MILLS CORE	SVEN	19.30	SPINNING	GEORGE			
20.00	BODYBALANCE	SVEN							
VRIJDAG – 2/8	08.15	LES MILLS CORE	SVEN						
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	JEAN	10.00	CIRCUITTRAINING XL	FABIENNE
	10.00	BODYBALANCE	NICOLLE				18.45	BOOTCAMP (OUTDOOR)	TIMO
3/8						09.30	CIRCUITTRAINING XL	FABIENNE	
4/8	09.30	BODYPUMP	NICOLLE	09.30	SPINNING	SANDRA			
	10.30	BODYBALANCE	NICOLLE						



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MAANDAG – 5/8	09.00	BODYPUMP	NICOLLE			08.45	CIRCUITTRAINING	FABIENNE	
	10.15	SENIOREN GYM	FABIENNE			09.30	CIRCUITTRAINING	FABIENNE	
	18.30	BODYPUMP	MONIQUE						
	19.30	BODYCOMBAT	MONIQUE	19.30	SPINNING	SANDRA	19.15	CIRCUITTRAINING	TIMO
	20.30	LES MILLS GRIT	SANDRA						
DINSdag – 6/8	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	08.15	CIRCUITTRAINING	FABIENNE
	09.45	LES MILLS CORE	VIRTUEEL				10.15	CIRCUITTRAINING XL	FABIENNE
	19.00	LES MILLS CORE	SVEN				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.30	BODYFLEXIBILITY	SVEN	19.30	SPINNING	SANDRA			
	20.00	BODYPUMP	SVEN						
WOENSDAG – 7/8	08.00	LES MILLS GRIT	SANDRA	09.00	SPINNING	SANDRA	08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE	10.00	SPINNING CLASSICS	JEAN			
	10.00	BODYPUMP	SANDRA						
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	SVEN	19.00	SPINNING	VIRTUEEL	19.00	CIRCUITTRAINING XL	TIMO
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 8/8						08.45	CIRCUITTRAINING XL	FABIENNE	
						10.15	CIRCUITTRAINING XL	FABIENNE	
	18.30	BODYPUMP	SVEN	19.30	SPINNING	GEORGE			
	19.30	LES MILLS CORE	SVEN						
20.00	BODYBALANCE	SVEN							
VRIJDAG – 9/8	08.15	LES MILLS CORE	SVEN	09.00	SPINNING	VIRTUEEL			
	09.00	ZUMBA	NICOLLE				10.00	CIRCUITTRAINING XL	FABIENNE
	10.00	BODYBALANCE	NICOLLE				18.45	BOOTCAMP (OUTDOOR)	TIMO
10						09.30	CIRCUITTRAINING XL	TIMO	
11/8	09.30	BODYPUMP	MONIQUE	09.30	SPINNING	SANDRA			
	10.30	BODYBALANCE	SVEN						



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MAANDAG – 12/8	09.00	BODYPUMP	NICOLLE			08.45	CIRCUITTRAINING	FABIENNE	
	10.15	SENIOREN GYM	FABIENNE			09.30	CIRCUITTRAINING	FABIENNE	
	18.30	BODYPUMP	MONIQUE						
	19.30	BODYCOMBAT	MONIQUE	19.30	SPINNING	SANDRA	19.15	CIRCUITTRAINING	TIMO
	20.30	LES MILLS GRIT	SANDRA						
DINSDAG – 13/8	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	08.15	CIRCUITTRAINING	FABIENNE
	09.45	LES MILLS CORE	VIRTUEEL				10.15	CIRCUITTRAINING XL	FABIENNE
	19.00	LES MILLS CORE	SVEN				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.30	BODYFLEXIBILITY	SVEN	19.30	SPINNING	SANDRA			
	20.00	BODYPUMP	SVEN						
WOENSDAG – 14/8	08.00	LES MILLS GRIT	SANDRA	09.00	SPINNING	SANDRA	08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE	10.00	SPINNING CLASSICS	JEAN			
	10.00	BODYPUMP	SANDRA						
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	CARLA	19.00	SPINNING	VIRTUEEL	19.00	CIRCUITTRAINING XL	TIMO
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 15/8						08.45	CIRCUITTRAINING XL	FABIENNE	
						10.15	CIRCUITTRAINING XL	FABIENNE	
	18.30	BODYPUMP	CHANTALLE	19.30	SPINNING	GEORGE			
	19.30	LES MILLS CORE	CHANTALLE						
20.00	BODYBALANCE	SVEN							
VRIJDAG – 16/8	08.15	LES MILLS CORE	SVEN	09.00	SPINNING	JEAN			
	09.00	ZUMBA	NICOLLE				10.00	CIRCUITTRAINING XL	FABIENNE
	10.00	BODYBALANCE	NICOLLE				18.45	BOOTCAMP (OUTDOOR)	TIMO
17						09.30	CIRCUITTRAINING XL	FABIENNE	
18/8	09.30	BODYPUMP	CHANTALLE	09.30	SPINNING	SANDRA			
	10.30	BODYBALANCE	SVEN						



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MAANDAG – 19/8	09.00	BODYPUMP	NICOLLE						
	10.15	SENIOREN GYM	NICOLLE						
	18.30	BODYPUMP	MONIQUE						
	19.30	BODYCOMBAT	MONIQUE	19.30	SPINNING	SANDRA	19.15	CIRCUITTRAINING	LOEK
	20.30	LES MILLS GRIT	SANDRA						
DINSDAG – 20/8	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	10.30	CIRCUITTRAINING	NICOLLE
	09.45	LES MILLS CORE	VIRTUEEL				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.00	LES MILLS CORE	SVEN						
	19.30	BODYFLEXIBILITY	SVEN	19.30	SPINNING	YVES			
	20.00	BODYPUMP	SVEN						
WOENSDAG – 21/8	08.00	LES MILLS GRIT	SANDRA				08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	SANDRA			
	10.00	BODYPUMP	SANDRA	10.00	SPINNING CLASSICS	JEAN			
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	CARLA	19.00	SPINNING	DAISY	19.00	CIRCUITTRAINING XL	LAURA
						19.45	BUIKSPIERKWARTIER	LAURA	
DONDERDAG – 22/8							10.15	CIRCUITTRAINING	JEAN
	18.30	BODYPUMP	CHANTALLE				19.00	HIIT POWER	LOEK
	19.30	LES MILLS CORE	CHANTALLE	19.30	SPINNING	VIRTUEEL			
	20.00	BODYBALANCE	SVEN						
VRIJDAG – 23/8	08.15	LES MILLS CORE	SVEN						
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	MARTINE	10.00	CIRCUITTRAINING XL	SVEN
	10.00	BODYBALANCE	NICOLLE				18.45	BOOTCAMP (OUTDOOR)	LAURA
24						09.30	CIRCUITTRAINING XL	LOEK	
25/8	09.30	BODYPUMP	SVEN	09.30	SPINNING	YVES			
	10.30	BODYBALANCE	SVEN						



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MAANDAG – 26/8	09.00	BODYPUMP	NICOLLE	19.30	SPINNING	SANDRA	09.00	CIRCUITTRAINING	SVEN
	10.15	SENIOREN GYM	NICOLLE				19.15	CIRCUITTRAINING	LOEK
	18.30	BODYPUMP	CHANTALLE						
	19.30	BODYCOMBAT	CHANTALLE						
	20.30	LES MILLS GRIT	SANDRA						
DINSDAG – 27/8	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	10.30	CIRCUITTRAINING	NICOLLE
	09.45	LES MILLS CORE	VIRTUEEL				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.00	LES MILLS CORE	SVEN						
	19.30	BODYFLEXIBILITY	SVEN				19.30	SPINNING	YVES
	20.00	BODYPUMP	SVEN						
WOENSDAG – 28/8	08.00	LES MILLS GRIT	SANDRA	09.00	SPINNING	SANDRA	08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE				10.00	SPINNING CLASSICS	JEAN
	10.00	BODYPUMP	SANDRA						
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	CARLA				19.00	SPINNING	DAISY
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 29/8				19.30	SPINNING	VIRTUEEL	10.15	CIRCUITTRAINING	JEAN
	18.30	BODYPUMP	CHANTALLE				19.00	HIIT POWER	LOEK
	19.30	LES MILLS CORE	CHANTALLE						
	20.00	BODYBALANCE	SVEN						
VRIJDAG – 30/8	08.15	LES MILLS CORE	SVEN	09.00	SPINNING	JEAN	10.00	CIRCUITTRAINING XL	SVEN
	09.00	ZUMBA	NICOLLE				18.45	BOOTCAMP (OUTDOOR)	TIMO
	10.00	BODYBALANCE	NICOLLE						
31						09.30	CIRCUITTRAINING XL	LOEK	
1/9	10.00	BODYPUMP	SANDRA	09.00	SPINNING	SANDRA			
	11.00	BODYBALANCE	SVEN	10.00	SPINNING	YVES			



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FIT BOX

MAANDAG – 2/9	09.00	BODYPUMP	NICOLLE	19.30	SPINNING	SANDRA	09.00	CIRCUITTRAINING	SVEN
	10.15	SENIOREN GYM	NICOLLE				19.15	CIRCUITTRAINING	LOEK
	18.30	BODYPUMP	CHANTALLE						
	19.30	BODYCOMBAT	CHANTALLE						
	20.30	LES MILLS GRIT	SANDRA						
DINSDAG – 3/9	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	10.30	CIRCUITTRAINING	NICOLLE
	09.45	LES MILLS CORE	VIRTUEEL				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.00	LES MILLS CORE	SVEN						
	19.30	BODYFLEXIBILITY	SVEN				19.30	SPINNING	YVES
	20.00	BODYPUMP	SVEN						
WOENSDAG – 4/9	08.00	LES MILLS GRIT	SANDRA	09.00	SPINNING	SANDRA	08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE				10.00	SPINNING CLASSICS	JEAN
	10.00	BODYPUMP	SANDRA						
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	CARLA				19.00	SPINNING	DAISY
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 5/9				19.30	SPINNING	VIRTUEEL	10.15	CIRCUITTRAINING	JEAN
	18.30	BODYPUMP	CHANTALLE				19.00	HIIT POWER	LOEK
	19.30	LES MILLS CORE	CHANTALLE						
	20.00	BODYBALANCE	SVEN						
VRIJDAG – 6/9	08.15	LES MILLS CORE	SVEN	09.00	SPINNING	MARTINE			
	09.00	ZUMBA	NICOLLE				18.45	BOOTCAMP (OUTDOOR)	TIMO
	10.00	BODYBALANCE	NICOLLE						
	11.00	SENIOREN GYM	NICOLLE						
7/9						09.30	CIRCUITTRAINING XL	LOEK	
8/9	10.00	BODYPUMP	CHANTALLE	09.00	SPINNING	SANDRA			
	11.00	BODYBALANCE	SVEN	10.00	SPINNING	YVES			



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MAANDAG – 9/9	09.00	BODYPUMP	NICOLLE				09.00	CIRCUITTRAINING	SVEN
	10.15	SENIOREN GYM	NICOLLE						
	18.30	BODYPUMP	MONIQUE						
	19.30	BODYCOMBAT	MONIQUE	19.30	SPINNING	SANDRA	19.15	CIRCUITTRAINING	LOEK
	20.30	LES MILLS GRIT	SANDRA						
DINSDAG – 10/9	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN			
	09.45	LES MILLS CORE	VIRTUEEL				10.30	CIRCUITTRAINING	NICOLLE
	19.00	LES MILLS CORE	SVEN				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.30	BODYFLEXIBILITY	SVEN	19.30	SPINNING	YVES			
	20.00	BODYPUMP	SVEN						
WOENSDAG – 11/9	08.00	LES MILLS GRIT	SANDRA				08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	SANDRA			
	10.00	BODYPUMP	SANDRA	10.00	SPINNING CLASSICS	JEAN			
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	CARLA	19.00	SPINNING	DAISY	19.00	CIRCUITTRAINING XL	TIMO
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 12/9							08.45	CIRCUITTRAINING XL	FABIENNE
							10.15	CIRCUITTRAINING XL	FABIENNE
	18.30	BODYPUMP	CHANTALLE				19.00	HIIT POWER	LOEK
	19.30	LES MILLS CORE	CHANTALLE	19.30	SPINNING	GEORGE			
	20.00	BODYBALANCE	SVEN						
VRIJDAG – 13/9	08.15	LES MILLS CORE	SVEN						
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	JEAN			
	10.00	BODYBALANCE	NICOLLE						
	11.00	SENIOREN GYM	FABIENNE						
							18.45	BOOTCAMP (OUTDOOR)	TIMO
14						09.30	CIRCUITTRAINING XL	LOEK	
15/9				09.00	SPINNING	YVES			
	10.00	BODYPUMP	MONIQUE	10.00	SPINNING	YVES			
	11.00	BODYBALANCE	SVEN						



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MAANDAG – 16/9	09.00	BODYPUMP	NICOLLE			08.45	CIRCUITTRAINING	FABIENNE	
	10.15	SENIOREN GYM	FABIENNE			09.30	CIRCUITTRAINING	FABIENNE	
	18.30	BODYPUMP	MONIQUE						
	19.30	BODYCOMBAT	MONIQUE	19.30	SPINNING	GEORGE	19.15	CIRCUITTRAINING	LOEK
	20.30	LES MILLS GRIT	VIRTUEEL						
DINSDAG – 17/9	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	08.15	CIRCUITTRAINING	FABIENNE
	09.45	LES MILLS CORE	VIRTUEEL				10.15	CIRCUITTRAINING XL	FABIENNE
	19.00	LES MILLS CORE	SVEN				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.30	BODYFLEXIBILITY	SVEN	19.30	SPINNING	YVES			
	20.00	BODYPUMP	SVEN						
WOENSDAG – 18/9	08.00	LES MILLS GRIT	VIRTUEEL			08.40	BUIKSPIERKWARTIER	ROULATIE	
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	JEAN			
	10.00	BODYPUMP	NICOLLE	10.00	SPINNING CLASSICS	JEAN			
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	CARLA	19.00	SPINNING	DAISY	19.00	CIRCUITTRAINING XL	TIMO
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 19/9						08.45	CIRCUITTRAINING XL	FABIENNE	
						10.15	CIRCUITTRAINING XL	FABIENNE	
	18.30	BODYPUMP	CHANTALLE			19.00	HIIT POWER	LOEK	
	19.30	LES MILLS CORE	CHANTALLE	19.30	SPINNING	GEORGE			
	20.00	BODYBALANCE	SVEN						
VRIJDAG – 20/9	08.15	LES MILLS CORE	SVEN						
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	MARTINE			
	10.00	BODYBALANCE	NICOLLE						
	11.00	SENIOREN GYM	FABIENNE						
							18.45	BOOTCAMP (OUTDOOR)	TIMO
21						09.30	CIRCUITTRAINING XL	ROULATIE	
22/9				09.00	SPINNING	MARTINE			
	10.00	BODYPUMP	CHANTALLE	10.00	SPINNING	MARTINE			
	11.00	BODYBALANCE	SVEN						



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MAANDAG – 23/9	09.00	BODYPUMP	NICOLLE				08.45	CIRCUITTRAINING	FABIENNE
	10.15	SENIOREN GYM	FABIENNE				09.30	CIRCUITTRAINING	FABIENNE
	18.30	BODYPUMP	MONIQUE						
	19.30	BODYCOMBAT	MONIQUE	19.30	SPINNING	GEORGE	19.15	CIRCUITTRAINING	LOEK
	20.30	LES MILLS GRIT	VIRTUEEL						
DINSDAG – 24/9	09.00	AEROBICS	NICOLLE	09.00	SPINNING	JEAN	08.15	CIRCUITTRAINING	FABIENNE
	09.45	LES MILLS CORE	VIRTUEEL				10.15	CIRCUITTRAINING XL	FABIENNE
	19.00	LES MILLS CORE	SVEN				18.45	BOOTCAMP (OUTDOOR)	LAURA
	19.30	BODYFLEXIBILITY	SVEN	19.30	SPINNING	YVES			
	20.00	BODYPUMP	SVEN						
WOENSDAG – 25/9	08.00	LES MILLS GRIT	VIRTUEEL				08.40	BUIKSPIERKWARTIER	ROULATIE
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	JEAN			
	10.00	BODYPUMP	NICOLLE	10.00	SPINNING CLASSICS	JEAN			
	11.00	BODYBALANCE	NICOLLE						
	19.00	BODYBALANCE	CARLA	19.00	SPINNING	DAISY	19.00	CIRCUITTRAINING XL	TIMO
						19.45	BUIKSPIERKWARTIER	TIMO	
DONDERDAG – 26/9							08.45	CIRCUITTRAINING XL	FABIENNE
							10.15	CIRCUITTRAINING XL	FABIENNE
	18.30	BODYPUMP	CHANTALLE				19.00	HIIT POWER	LOEK
	19.30	LES MILLS CORE	CHANTALLE	19.30	SPINNING	GEORGE			
	20.00	BODYBALANCE	SVEN						
VRIJDAG – 27/9	08.15	LES MILLS CORE	SVEN						
	09.00	ZUMBA	NICOLLE	09.00	SPINNING	ROULATIE			
	10.00	BODYBALANCE	NICOLLE						
	11.00	SENIOREN GYM	FABIENNE						
							18.45	BOOTCAMP (OUTDOOR)	TIMO
28						09.30	CIRCUITTRAINING XL	LOEK	
29/9				09.00	SPINNING	SANDRA			
	10.00	BODYPUMP	SANDRA	10.00	SPINNING	YVES			
	11.00	BODYBALANCE	SVEN						