

PLANNING HEALTHY DAYS

ZATERDAG 19 SEPTEMBER

DEMOLES CAPOEIRA NIEUW!	11U00 – 11U30
DEMOLES CAPOEIRA NIEUW!	11U30 – 12U00
DEMOLES RETRO DANCE	13U00 – 13u30
DEMOLES HIIT	13U30 – 14U00
DE WATERMOLEN CUP	12U00 – 16U00
RONDLEIDING FITNESS	08U00- 17U30

ZONDAG 20 SEPTEMBER

DEMOLES PILATES	13U00 – 13U30
DEMOLES CLUB POWER	13U30 – 14U00
DEMOLES BBB	14U00 – 14U30
DEMOLES INDOOR CYCLING	16U00 – 16U30
DE WATERMOLEN CUP	12U30 – 15U00
RONDLEIDING FITNESS	08U00 – 17U30