

Rooster trainingen Somatic DOORN

Tijden	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag
07:00 – 08:00	Training		Training		Training	
08:00 – 09:00	Training		Training	Training	Training	(Buiten)training* 8.30-9.30
09:00 – 10:00	Training	(Buiten)Training*	Training	Training	(Buiten)training*	(Buiten)training* 9.30-10.30
10:00 – 11:00	Training	Training	Training	Training	Training	10:30 – 11:30
11:30 – 12:30	Training	Training		Training		
13:00 – 14:00	Training				Training	
14:00 – 15:00	Training	Training (13:30–14:30)				
15:00 – 16:00					Training	
16:30 – 17:30	Training		Training	Training	Training	
17:30 – 18:30	Training	Training (18.00–19:00)		Training		
18:30 – 19:30				Training		
19:30 – 20:30	(Buiten)training*	Training	(Buiten)training*	Training		
20:30 – 21:30	Training	Training	Training	Training		

*Bij slecht weer wordt er uitgeweken naar de zaal binnen.