**Trainingstijden(vakantie) Mednetwerk → 9 juli t/m 19 augustus**

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| --- | --- | --- | --- |
| Maandag  | Ochtend | Middag | Avond |
| Medische Fitness  | 8:00 - 10:00  |  | 18:00 - 20:00  |

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| --- | --- | --- | --- |
| Dinsdag | Ochtend | Middag | Avond |
| Medische Fitness |  | 13:30 - 15:30 | 18:00 - 21:00 |
| **Hydrofit** | Niet |  |  |

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| --- | --- | --- | --- |
| Woensdag | Ochtend | Middag | Avond |
| Medische Fitness | 8:00 - 11:00 |  |  |
| **Vitaliteit en balans** | Niet |  |  |

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| --- | --- | --- | --- |
| Donderdag | Ochtend | Middag | Avond |
| Medische Fitness | 8:00 - 10:00 | 14:00 - 15:00 | 18:00 - 20:00  |
| **Hydrofit** | Niet |  |  |

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| Vrijdag | Ochtend | Middag | Avond |
| Medische Fitness | 8:00 - 11:00  |  |  |

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| Zaterdag | Ochtend | Middag | Avond |
| Medische Fitness | Niet |  |  |