

HORAIRE / LESSENROOSTER

Lundi - Maandag

07.30	Abdo-Stretch	Hall 2
10.30	Kinesis Circuit	Kinesis
12.30	Bodycoach Class	Body Coach
18.30	Kinesis Circuit	Kines

Mardi - Dinsdag

07.30	Abdo-Stretch	Hall 2
09.00	Abdo-Stretch	Hall 2
15.30	Abdo-Stretch	Hall 2
19.30	Bodycoach Class	Body
20.00	Abdo-Stretch	Hall 2

Mercredi - Woensdag

07.30	Abdo-Stretch	Hall 2
10.30	Bodycoach Class	Body Coach
11.00	Abdo-Stretch	Hall 2
17.30	Abdo-Stretch	Hall 2
20.00	Kinesis Circuit	Kinesis

Jeudi - Donderdag

07.30	Abdo-Stretch	Hall 2
10.30	Kinesis Circuit	Kinesis
11.00	Abdo-Stretch	Hall 2
15.30	Abdo-Stretch	Hall 2
19.30	Bodycoach Class	Body Coach

Vendredi - Vrijdag

07.30	Abdo-Stretch	Hall 2
10.30	Kinesis Circuit	Kinesis
12.30	Abdo-Stretch	Hall 2
15.30	Abdo-Stretch	Hall 2
18.00	Kinesis Circuit	Kines
20.30	Abdo-Stretch	Hall 2

Samedi - Zaterdag

10.30	Abdo-Stretch	Hall 2
12.30	Bodycoach Class	Body Coach
15.00	Abdo-Stretch	Hall 2

Dimanche - Zondag

11.00	Kinesis Circuit	Kinesis
-------	-----------------	---------