



# Stadium Coupure Collectieve lessen



Uurrooster geldig vanaf 06/06/2011

Maandag Dinsdag Woensdag Donderdag Vrijdag Zaterdag Zondag

## Maandag

| Uur           | Les               | Zaal |
|---------------|-------------------|------|
| 12.30 - 13.30 | BBB               | DH   |
| 18.00 - 19.00 | BBB               | DH   |
| 18.30 - 19.30 | Ubound            | DL   |
| 19.00 - 20.00 | Fatburning        | DH   |
| 19.30 - 20.30 | Celebrity Workout | DL   |
| 20.00 - 20.30 | Just Abs          | DH   |
| 20.00 - 21.00 | Cycling **/**     | CL   |
| 20.30 - 21.30 | BodyFence         | DH   |
| 20.30 - 21.30 | Power Yoga (juni) | DL   |
| 20.30 - 22.00 | Squash Training   |      |

DH = Dance Hall CL = Cycling Loft DL = Dance Loft KL = Klimmuur  
\* = Beginners \*\* = Medium \*\*\* = Advanced

## Dinsdag

| Uur           | Les           | Zaal |
|---------------|---------------|------|
| 12.30 - 13.30 | BBB           | DH   |
| 18.00 - 18.30 | 30' Ass Class | DH   |
| 18.30 - 19.30 | Cardio'SHAKE  | DH   |
| 19.00 - 19.30 | Just Abs      | DL   |
| 19.30 - 20.30 | ZUMBA®        | DH   |
| 19.30 - 20.30 | BBB           | DL   |
| 20.00 - 21.00 | Cycling **/** | CL   |
| 20.30 - 21.30 | Ubound        | DH   |
| 20.30 - 21.30 | Body shape    | DL   |

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## Woensdag

| Uur           | Les           | Zaal |
|---------------|---------------|------|
| 10.30 - 11.30 | ZUMBA®-BBB    | DH   |
| 18.00 - 19.00 | Ubound        | DH   |
| 18.30 - 19.30 | Body Sculpt   | DL   |
| 19.00 - 20.00 | ZUMBA®        | DH   |
| 19.30 - 20.00 | Just Abs      | DL   |
| 20.00 - 21.00 | Ubound        | DH   |
| 20.00 - 21.00 | Fatburning    | DL   |
| 20.00 - 21.00 | Cycling **/** | CL   |

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## Donderdag

| Uur           | Les               | Zaal |
|---------------|-------------------|------|
| 12.30 - 13.30 | ZUMBA®-BBB        | DH   |
| 18.00 - 19.00 | AfterWork Cycling | CL   |
| 18.00 - 19.00 | Peak Pilates      | DL   |
| 18.30 - 19.30 | Bodysculpt        | DH   |
| 19.00 - 20.00 | Cardio'SHAKE      | DL   |
| 19.30 - 20.30 | ZUMBA®            | DH   |
| 20.00 - 20.30 | 30' Ass Class     | DL   |
| 20.30 - 21.30 | ZUMBA®Reaggaton   | DH   |
| 20.30 - 21.30 | Cycling ***       | CL   |

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### Vrijdag

| Uur           | Les                    | Zaal |
|---------------|------------------------|------|
| 12.30 - 13.30 | Weekend Workout (juni) | DH   |
| 12.30 - 13.30 | Cycling **(juni)       | CL   |
| 19.00 - 20.00 | Fatburning             | DH   |
| 20.30 - 22.00 | Squash Boxcompetitie   |      |

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### Zaterdag

| Uur           | Les        | Zaal |
|---------------|------------|------|
| 10.00 - 11.00 | Fatburning | DH   |
| 11.00 - 12.00 | Cycling ** | CL   |

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### Zondag

| Uur           | Les                    | Zaal |
|---------------|------------------------|------|
| 10.30 - 11.30 | BBB                    | DH   |
| 11.00 - 12.30 | Apéritief Cyclathon ** | CL   |
| 16.00 - 17.00 | Yoga                   | DL   |

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