



Uurrooster collectieve lessen-Horaire cours collectifs-Schedule classes  
vanaf/à.p.d./starting 21/06/2010

Kies een dag ▼ Choisissez un jour ▼ Choose a day ▼					
Maandag Lundi Monday	Dinsdag Mardi Tuesday	Woensdag Mercredi Wednesday	Donderdag Jeudi Thursday	Vrijdag Vendredi Friday	Zaterdag Samedi Saturday
<b>Maandag - Lundi - Monday</b>					
Uur - Heure - Time				Hall	Niveau / Level
11.00		Abdo-Bottom-Stretch		A	*
12.30		Z U M B A ®		E	*
12.30		Aqua Beginners		Pool	*
12.30		Work-OUT		C	*
18.00		Abdo-Bottom-Stretch		A	*/**
18.00		Cellulli Burn		E	*
19.00		Cycling Cool Session		D	**
19.00		Z U M B A ®		E	*
19.00		Stretching		A	*
20.00		Box Aerobic		C	*/**
20.00		Cycling Beginners		D	*
20.00		Kick Box (1h30)		Do-Jo	*/**

N=NIVEAU/LEVEL: \* =Beginners, Débutants \*\* =Medium \*\*\* =Advanced W=Wilcardmembers

Dinsdag - Mardi - Tuesday					
Uur - Heure - Time				Hall	Niveau / Level
12.30		Cellulli Burn		E	*
18.00		Power Step		C	**
18.00		Cycling Mix Cool		D	**/**
18.00		Power Pilates		E	*/**
19.00		Total Body Sculpt		C	*/**
19.00		Cycling Cool session		D	**
19.00		Z U M B A ®		E	*
20.00		Cycling Beginners		D	*
20.00		Gym Silhouette		E	*
20.00		Oriental		B	*/**

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Woensdag - Mercredi - Wednesday					
Uur - Heure - Time				Hall	Niveau / Level
12.30		Work-Out		C	*
17.30		Aqua Step Mix		Pool	*
18.00		Zumba® TONING		A	*
18.00		UBOUND		E	*/**
18.00		Abdo-Bottom-Stretch		B	*/**
18.00		Step & Dance		C	**
18.30		Aqua Sculpt		Pool	*/**
19.00		Gym Douce		B	*
19.00		Burn & Sculpt		C	*/**
19.00		Z U M B A ®		E	*
19.00		Cycling Cool Session		D	**
19.15		Aqua Cardio Mix		Pool	**
20.00		Strechting		B	*/**
20.00		Kick Box 1h30		Do-Jo	*/**
20.00		Cycling Beginners		D	*

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**Donderdag - Jeudi - Thursday**

Uur - Heure - Time		Hall	Niveau / Level
11.00	Celluli Burn	E	*
12.30	<b>Z U M B A</b> ®	E	*
12.30	Aqua Sculpt	Pool	*/**
18.00	Step & Joy	C	*/**
18.00	<b>Z U M B A</b> ®	E	*/**
18.00	Hatha Yoga 1	B	*
18.00	Cycling Cool Session	D	**
18.00	Box Aerobic	A	**/**
19.00	Cycling Mix Cool & Beginners	D	*/**
19.00	Hatha Yoga 2	B	*/**
19.00	Fatburning	E	*/**
20.00	Body Sculpt	E	*/**
20.00	Cycling New Session	D	**/**

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**Vrijdag - Vendredi - Friday**

Uur - Heure - Time		Hall	Niveau / Level
12.30	Special Abdo Bottom	C	*/**
12.30	Aqua Cardio Mix	Pool	*
18.30	Cycling Mix Cool & Beginner	D	*/**
19.00	Salsa	A	*
19.00	Step Beginners	E	*
19.00	Badminton Training	Bad	**/**
20.00	Body Sculpt	E	*/**
20.00	Salsa Plus	A	*/**

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**Zaterdag - Samedi - Saturday**

Uur - Heure - Time		Hall	Niveau / Level
10.30	Cycling Beginners	D	*
10.30	<b>Z U M B A</b> ®	E	*
10.30	Aqua Sculpt	Pool	*/**
11.30	Step Medium & Advanced	E	**/**
11.30	Cycling Cool Session	D	**
11.30	Aqua Cardio Mix	Pool	**/**
12.30	Body Sculpt	E	*/**

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**Zondag - Dimanche - Sunday**

Uur - Heure - Time		Hall	Niveau / Level
10.30	Cycling Cool Session	D	**
11.30	Extra Abdo	A	**
11.30	Cycling Mix Cool & Beg	D	*/**
11.30	Zumba®	E	*
11.30	Aqua Beginners	Pool	*
12.30	Total Aqua Gym.	Pool	*/**
12.30	Body Sculpt	E	*/**
15.00	Step Beginners	E	*