



Uurrooster collectieve lessen-Horaire cours collectifs-Schedule classes
vanaf/à.p.d./starting 13/06/2011

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

Maandag - Lundi - Monday

Uur - Heure - Time		Hall	Niveau / Level
10.00	Pilates	A	*/**
11.00	Abdo-Bottom-Stretch	A	*/**
12.30	Z U M B A ®	E	*
12.30	Aqua Beginners	Pool	*/**
18.00	Aérofit	C	*/**
18.00	Abdo-Bottom-Stretch	E	*/**
18.00	Cellulli Burn	A	*/**
19.00	<i>Cycling Cool Session</i>	D	**
19.00	Stretching	E	*/**
19.00	Body Sculpt	C	*/**
19.00	Pao Bag Boxing	Do-Jo	*/**
20.00	Box Aerobic	C	*/**
20.00	<i>Cycling Beginners</i>	D	*
20.00	Kick Box 1h1/2	Do-Jo	*/**

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

Dinsdag - Mardi - Tuesday

Uur - Heure - Time		Hall	Niveau / Level
12.30	Aqua Beginners	Pool	*
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	<i>Cycling Cool session</i>	D	**
19.00	Z U M B A ®	E	*
20.00	Gym Silhouette	E	*
20.00	Oriental	B	*/**

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Woensdag - Mercredi - Wednesday

Uur - Heure - Time		Hall	Niveau / Level
12.30	Abdo-Bottom-Stretch	A	*/**
17.30	Aqua Step Mix	Pool	*
18.00	U BOUND	E	*/**
18.00	Abdo-Bottom-Stretch	B	*/**
18.00	Step & Dance	C	**
18.30	Aqua Sculpt	Pool	*/**
19.00	Pilates	B	*/**
19.00	Burn & Sculpt	C	*/**
19.00	Pao Bag Boxing	Do-Jo	*/**
19.00	Z U M B A ®	E	*
19.00	<i>Cycling Cool Session</i>	D	**
19.15	Aqua Cardio Mix	Pool	**
20.00	Stretching	B	*/**
20.00	Kick Box 1h1/2	Do-Jo	*/**
20.00	<i>Cycling Beginners</i>	D	*/**

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Donderdag - Jeudi - Thursday

Uur - Heure - Time		Hall	Niveau / Level
11.00	Cellulli Burn	E	*
12.30	Z U M B A ®	E	*
12.30	Aqua Sculpt	Pool	*/**
18.00	Aérofit	C	**
18.00	Z U M B A ®	E	*/**
18.00	Hatha Yoga I	B	*
18.00	Cycling Cool Session	D	**
18.00	Box Aerobic	A	**/**
19.00	Cycling Mix Cool & Beginners	D	*/**
19.00	Hatha Yoga II	B	*/**
19.00	Fatburning	E	*/**
19.00	Step Beginners	C	*/**
20.00	Body Sculpt	E	*/**
20.00	Cycling New Session	D	*/**/**

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Vrijdag - Vendredi - Friday

Uur - Heure - Time		Hall	Niveau / Level
11.30	Aqua Beginners	Pool	*
12.30	Special Abdo Bottom	C	*/**
12.30	Aqua Cardio Mix	Pool	**/**
18.00	Abdo-Bottom-Stretch	B	*/**
18.30	Cycling Mix Cool & Beginners	D	*/**
19.00	Salsa	C	*
19.00	Step Beginners	B	*
19.00	Badminton Training	Bad	*/**/**
20.00	Salsa PLUS	C	**

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Zaterdag - Samedi - Saturday

Uur - Heure - Time		Hall	Niveau / Level
10.30	Cycling Beginners	D	*
10.30	Z U M B A ®	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 & Beginners	D	*/**
11.30	Z U M B A ®	E	*
11.30	Aqua Beginners	Pool	*
12.30	Total Aqua Gym	Pool	*/**
12.30	Body Sculpt	E	*/**
15.00	Step & Dance	E	**