

Horaire Cours collectifs - Uurrooster
Collectieve lessen
Schedule classes 14/06/2010

Maandag/Lundi/Monday

09.00	-	10.00	Total Body Circuit	Hall 1	1
17.00	-	18.00	Training Anti Cellulite	Hall 4	1
17.00	-	18.00	Total Body Circuit	Hall 1	1+2
18.00	-	19.00	Hatha Yoga	Hall 2	2
19.00	-	20.00	Zumba	Hall 4	1
19.00	-	20.00	Bodysculpt	Hall 2	1
19.00	-	20.00	Cycling	Hall 3	1+2
19.00	-	20.00	Total Body Circuit	Hall 1	1+2
20.00	-	21.00	TAI CHI	Hall 2	1
20.00	-	21.00	UBOUND	Hall 4	1

Dinsdag/Mardi/Tuesday

09.45	-	10.45	Pilates	Hall 2	1
11.00	-	12.00	Aqua Sculpt	Pool	1+2
11.00	-	12.00	Total Body Circuit	Hall 1	1
11.00	-	12.00	Bodysculpt	Hall 4	2
12.15	-	13.15	Salsa	Hall 4	1+2
18.00	-	19.00	Bodysculpt	Hall 2	1+2
18.00	-	19.00	Pilates	Hall 4	1
18.30	-	19.30	Total Body Circuit	Hall 1	1
19.00	-	20.00	Zumba	Hall 4	1+2
19.00	-	20.00	Stretching	Hall 2	1
20.00	-	21.00	Cycling	Hall 3	1

Woensdag/Mercredi/Wednesday

10.30	-	11.30	Total Body Circuit	Hall 1	1
10.30	-	11.30	Aqua Burner	Pool	1+2
12.30	-	13.30	Training Anti Cellulite	Hall 2	1
14.00	-	15.30	Hatha Yoga	Hall 2	1+2
17.00	-	18.00	Bodysculpt	Hall 4	1+2
18.00	-	19.00	Step Tonic	Hall 2	1+2
19.00	-	20.00	Cycling	Hall 3	2
20.00	-	21.30	Maxi Fitcircuit 90'	Hall 1	1
20.00	-	21.00	Abdo Bottom Stretch	Hall 2	1

Donderdag/Jeu/Thursday

11.00	-	12.00	Aqua Abdo Bottom	Pool	1
11.00	-	12.00	Total Body Circuit	Hall 1	1
17.00	-	18.00	Bodysculpt	Hall 2	1
18.00	-	19.00	Stretching	Hall 2	1
18.30	-	19.30	Total Body Circuit	Hall 1	1
19.00	-	20.00	Fatburning	Hall 2	1+2
19.00	-	20.00	Zumba	Hall 4	1
19.00	-	20.00	Cycling	Hall 3	1
20.00	-	21.00	Abdo Bottom Stretch	Hall 2	1
20.00	-	21.00	Salsa	Hall 4	1+2
21.00	-	22.00	Kundalini Yoga	Hall 2	1

Vrijdag/Vendredi/Friday

09.00	-	10.00	Total Body Circuit	Hall 1	1
10.00	-	11.00	Bodysculpt	Hall 2	1+2
13.00	-	14.00	Zumba	Hall 4	1
14.00	-	15.00	Stretching	Hall 4	1
16.30	-	17.30	Total Body Circuit	Hall 1	1
16.30	-	17.30	Aqua Sculpt	Pool	1
18.00	-	19.00	Cycling	Hall 3	1
18.30	-	19.30	Bodysculpt	Hall 2	1+2

Zaterdag/Samedi/Saturday

10.00	-	11.00	Aqua Beginners	Pool	1
10.00	-	11.00	Cycling	Hall 3	1+2
11.00	-	12.00	Total Body Circuit	Hall 1	1
11.00	-	12.00	Aqua Sculpt	Pool	1
11.00	-	12.00	Cycling	Hall 3	2
12.00	-	13.00	Bodysculpt	Hall 2	1+2
13.00	-	14.00	Stretching	Hall 2	1
16.00	-	17.00	Ladies Body Circuit	Hall 1	1
16.00	-	17.00	UBOUND	Hall 4	1
17.00	-	18.00	TAI CHI	Hall 2	1

Zondag/Dimanche/Sunday

10.00	-	11.00	Aqua Burner	Pool	1+2
10.00	-	11.00	Total Body Circuit	Hall 1	1
10.00	-	11.00	Cycling	Hall 3	1
11.00	-	12.00	Bodysculpt	Hall 2	1+2
11.00	-	12.00	Aqua Sculpt	Pool	1
11.00	-	12.00	Cycling	Hall 3	2
12.00	-	13.00	Pilates Fatburner	Hall 2	1
13.00	-	14.00	Abdo Bottom Stretch	Hall 2	1
16.30	-	18.00	Maxi Fitcircuit 90'	Hall 1	1+2

le descriptif des cours est disponible à l'accueil
 een lijst met lesbeschrijvingen vind je aan het onthaal
 a list with descriptions is available at the receptiondesk

1/ accessible à tous, même aux débutantstoegekankelijk voor iedereen, ook beginners
 accessible to all, to beginners also

2/ medium

3/ expérimentés - gevorderden - experience required