

# Art of sports

# Groepslessen

Tijd	Ma	Di	Wo	Do	Vrij	Za
7:30						
8:00						
8:30						
9:00			<b>Yoga</b>			
9:30			(Lisa)			
10:00						<b>Outdoor</b>
10:30						<b>Crosstraining</b>
11:00						
11:30	<b>Pilates</b>					
12:00	(Valérie)					
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00	<b>Box-fit</b>	<b>Body&amp;Beats</b>	<b>Ultimate</b>			
19:30	(Yorick)	(Shana)	Core (Yorick)			
20:00	<b>Yoga</b>		<b>Box-fit</b>	<b>Pilates</b>		
20:30	(Lisa)		(Yorick)	(Valérie)		
21:00						
21:30						
22:00						