

# Art of sports

# Groepslessen

Tijd	Ma	Di	Wo	Do	Vrij	Za
	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor
10:45						
11:00						
11:15						
11:30	<b>Pilates</b> (Valérie Cauwberghs)					
11:45						
12:00						
12:15						
12:30					<b>Yoga</b> (Lisa De Groote)	
12:45						
13:00						
13:15						
13:30						
13:45						
14:00						
.....	.....	.....	.....	.....	.....	.....
18:00						
18:15						
18:30						
18:45						
19:00	<b>Box-fit</b> (Yorick De Vetter)	<b>Body&amp;Beats</b> (Shana De Vetter)	<b>Ultimate Core</b> (Yorick De Vetter)	<b>Body Balance</b> (Els Grobben)		
19:15						
19:30						
19:45						
20:00			<b>Box-fit</b> (Yorick De Vetter)			
20:15						
20:30						
20:45						
21:00						
21:15						
21:30						