

Art of sports

Groepslessen

Tijd	Ma	Di	Wo	Do	Vrij	Za
7:30						
8:00			Ultimate Core- Level 1 (Annelies)			
8:30						
9:00		Get Fit (Shana)				
9:30						
10:00						Outdoor Crosstraining
10:30						
11:00						
11:30	Pilates (Valérie)				Get Fit (Valérie)	
12:00						
12:30						
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16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00	Box-fit (Yorick)	Body&Beats (Shana)	Ultimate Core-Level 2 (Yorick)			
19:30						
20:00				Pilates (Valérie)		
20:30	Yoga		Box-fit (Yorick)	/Run Strong (Annelies)		
21:00						
21:30						
22:00						