

Art of sports

Groepslessen

Tijd	Ma	Di	Wo	Do	Vrij	Za
9:00						
9:15						
9:30			Yoga (Lisa)			
9:45						
10:00						
10:15						
10:30						
10:45						
11:00						
11:15						
11:30						
11:45	Pilates (Valérie)					
12:00						
12:15						
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18:00						
18:15						
18:30						
18:45						
19:00						
19:15	Box-fit (Yorick)	Body&Beats (Shana)	Ultimate Core (Yorick)	Body Balance (Els)		
19:30						
19:45						
20:00						
20:15	Body Balance (Els)	Body Balance (Brecht)	Box-fit (Yorick)	Pilates (Valérie)		
20:30						
20:45						
21:00						
21:15						
21:30						