

# VISION 21 LESSENROOSTER // Winter 2021 van 10/01 tot 16/01

WEEK	MAANDAG 10/01	DINSDAG 11/01	WOENSDAG 12/01	DONDERDAG 13/01	VRIJDAG 14/01
06.15		Ochtend Spinning (45') Koen			
09.15	Body Workout Hans	Pilates Level 1 Ine	Circuit Hasse	TRX Hans	Polar Club Hans
14.30		Polar Club Hans		Spinning 55+ Vic	
				Yogalates Hans	
17.00	F.I.T.T. (30') Vic				
17.45	BODY PUMP Filip	TRX Ine		Circuit Vic	
		Flandrien 2022 Vic	Polar Club Koen		Power Spinning Filip
	Pilates Level 2 Hans	Pilates Level 1 Hans		Lu Jong Yoga Hans	
			Fitness (Kick) Boxing Filip		Boxing Juniors Ahmed
19.00	STEP Claudine	BBB Iwona	BODY PUMP Filip	BBB Leen	BODY PUMP Filip
	Polar Club Koen	Spinning Tanya	Flandrien 2022 Koen	Spinning Ine	
	Feet Up Jade			Pilates Level 1 Hans	
	Fitness (Kick) Boxing Filip	Experts Mixed Dominique			
19.30		Iyengar Yoga online ID 4316989323 GEEN LES			
20.15		Fitness Dance Justine M.	Power Circuit (45') Vic	Zumba Kimberly	
	Yin Yoga Jade		Spinning Hasse	Flandrien 2022 Filip	
	Experts Mixed Dominique			Experts Mixed Ahmed	

WEEKEND	ZATERDAG 15/01	ZONDAG 16/01
08.15	Flandrien 2022 (75') Koen	Flandrien 2022 (75') Hasse
08.45	Pilates Level 1 Ine	Strakke buik Hans
09.15	Boxing Kids Jasper	
	F.I.T.T. (30') Vic	
10.00	Polar Club Ine	Spinning Koen
		Strakke buik Hans
		Ochtend Yoga Sofie
10.30		Experts Mixed Halim
11.00	Piloxing (mix van dans, BBB en boks) Kim	