

VISION 21 LESSENROOSTER // Winter 2021 van 15/11 tot 21/11

WEEK	MAANDAG 15/11	DINSDAG 16/11	WOENSDAG 17/11	DONDERDAG 18/11	VRIJDAG 19/11
06.15		Ochtend Spinning (45') Koen			
09.15	Body Workout Hans	Pilates Level 1 Ine	Circuit Hasse	TRX Hans	Polar Club Hans
			Ochtend Yoga Sofie		Start to Aerial Yoga Jade
12.30				Middag Spinning (30') Koen	
14.30		Polar Club Hans		Yogalates Hans	
				Spinning 55+ Vic	
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	Start to Pilates Hans		Lu Yong Yoga Hans	
			Fitness (Kick) Boxing Filip		Boxing Juniors Ahmed
19.00	STEP Claudine	BBB Iwona	BODY PUMP Filip	BBB Leen	BODY PUMP Filip
	Power Circuit (45') Iwona				
	Polar Club Hasse	Spinning Tanya	Flandrien 2022 Koen	Spinning Ine	
	Yin Yoga Jade	Start to Lu Yong Yoga Hans		Pilates Level 1 Hans	
	Fitness (Kick) Boxing Filip	Experts Mixed Dominique	Experts Mixed Halim	Start to Box Ahmed	
19.30		Iyengar Yoga online ID 4316989323 Isabel			
20.15	TRX Filip	Fitness Dance Justine M.	Power Circuit (45') Vic	Zumba lessenreeks Kimberly	
	Start to Feet Up Jade	Start to Spin Koen	Spinning Hasse	Flandrien 2022 Filip	
			Vinyasa Yoga Jade		
	Experts Mixed Dominique		BODY PUMP Filip	Experts Mixed Ahmed	
			Start to Box Halim		

WEEKEND	ZATERDAG 20/11	ZONDAG 21/11
08.15	Flandrien 2022 Koen	Flandrien 2022 Filip
08.45	Pilates Level 1 Ine	Strakke buik Leen
09.15	F.I.T.T. (30') Vic	Start to Box Halim
	Boxing Kids Jasper	
10.00	Polar Club Ine	Spinning Koen
		Strakke buik Leen
		Ochtend Yoga Annelies
10.30	Workshop Iyengar Yoga Isabel	Experts Mixed Halim
11.00	Piloxing (mix van dans, BBB en boks) Kim	