

VISION 21 LESSENROOSTER // Winter 2021 van 22/11 tot 28/11

| WEEK | MAANDAG 22/11 | DINSDAG 23/11 | WOENSDAG 24/11 | DONDERDAG 25/11 | VRIJDAG 26/11 |
|-------|-----------------------------|--|-----------------------------|----------------------------|----------------------|
| 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 | | |
| 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 | | | 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 | | | 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 | |
| | | | Spinning Hasse | Flandrien 2022 Filip | |
| | | | Vinyasa Yoga Jade | | |
| | Experts Mixed Dominique | | BODY PUMP Filip | Experts Mixed Ahmed | |
| | | | Start to Box Halim | | |

| WEEKEND | ZATERDAG 27/11 | ZONDAG 28/11 |
|---------|--|-----------------------|
| 08.15 | Flandrien 2022 Vic | Flandrien 2022 Ine |
| 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 | | Experts Mixed Halim |
| 11.00 | Piloxing (mix van dans, BBB en boks) Kim | |