

VISION 21 LESSENROOSTER // Winter 2021 van 04/10 tot 07/11

WEEK	MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG
06.15		Ochtend Spinning (45')			
09.15	Body Workout	Pilates Level 1	Circuit	TRX	Polar Club
			Ochtend Yoga		Start to Aerial Yoga 4/10 – 21/11
10.30					Start to Aerial Yoga 4/10 – 21/11
12.30				Middag Spinning (30')	
14.30		Polar Club		Yogalates	
				Spinning 55+	
17.00	F.I.T.T. (30')				
17.45	BODY PUMP	TRX		Circuit	
	Spinning	Stages Flight	Polar Club		Power Spinning
	Pilates Level 2	Start to Pilates 4/10 – 21/11		Lu Jong Yoga	
			Fitness (Kick) Boxing		Boxing Juniors
19.00	STEP	Abs and Glutes	BODY PUMP	BBB	BODY PUMP
	Polar Club	Spinning	Stages Flight	Spinning	
	Yin Yoga	Start to Lu Yong Yoga 4/10 – 21/11		Pilates Level 1	
	Fitness (Kick) Boxing	Experts Mixed Vanaf 19/10	Experts Mixed		
19.30		Iyengar Yoga online ID 4316989323			
20.15	TRX	Fitness Dance	Power Circuit (45')		
		Start to Spin 4/10 – 21/11	Spinning	Power Spinning	
	Start to Feet up 4/10 – 21/11		Vinyasa Yoga		
	Experts Mixed		BODY PUMP	Experts Mixed	

WEEKEND	ZATERDAG	ZONDAG
08.45		Strakke buik
09.15	Pilates Level 1	
	Boxing Kids	
09.45	F.I.T.T. (30')	
10.00		Spinning
		Strakke buik
		Ochtend Yoga
10.30	Polar Club	
		Experts Mixed
11.00	Piloxing (mix van dans, BBB en boks)	