

Studio Classes Timetable

16/04/2012 - 01/07/2012

Lundi / Monday		Mardi / Tuesday		Mercredi / Wednesday		Jeudi / Thursday		Vendredi / Friday		Samedi / Saturday		Dimanche / Sunday	
Horaire/Time	Cours/Class Instructeur/Instructor	Horaire/Time	Cours/Class Instructeur/Instructor	Horaire/Time	Cours/Class Instructeur/Instructor	Horaire/Time	Cours/Class Instructeur/Instructor	Horaire/Time	Cours/Class Instructeur/Instructor	Horaire/Time	Cours/Class Instructeur/Instructor	Horaire/Time	Cours/Class Instructeur/Instructor
07.15-07.30	Réveil Tonic Wellness Adviser	07.15-07.30	Réveil Tonic Wellness Adviser	07.15-07.30	Réveil Tonic Wellness Adviser	07.15-07.30	Réveil Tonic Wellness Adviser	07.15-07.30	Réveil Tonic Wellness Adviser				
				09.30-10.30	Gym Douce Romain			09.30-10.15	Aquagym Sandrine	10.00-11.00	LBT Magalie		
10.30-11.30	Stretch & Sculpt Orazio	10.30-11.30	Be Balanced Vasiliki	10.30-11.30	Stretching Romain	10.30-11.30	Pilates Adrienne	10.30-11.30	Circuit Training Wellness Adviser	11.00-11.30	Stretching Magalie	10.30-11.30	Trance™ Jean-Luc
10.30-11.15	Aquagym Sandrine									11.30-12.30	Yoga Stretch Eric	11.30-12.30	Stretch&Tone™ Jean-Luc
12.30-12.45	Session Abdos Wellness Adviser	12.30-12.45	Swissball Abdos Wellness Adviser	12.30-12.45	Session Abdos Wellness Adviser	12.30-12.45	Swissball Abdos Wellness Adviser	12.30-12.45	Session Abdos Wellness Adviser	12.30-13.15	Aquagym Joel		
12.30-13.30	Free Body Sculpt Aziz	12.30-13.30	Pilates Adrienne	12.30-13.15	Hydro Pilates Orazio	12.30-13.15	Aquasculpt Vasiliki	12.30-13.30	Pilates Adrienne				
				12.30-13.30	Stretch & Sculpt Aziz NEW	12.30-13.15	Cycling Jo						
										16.00-17.00	Tai-Chi Thierry NEW	16.00-17.00	Latin Moves Anastasia
18.00-19.00	Pilates Adrienne	18.00-18.45	Hatha Yoga Sash	18.00-19.00	Aerotonic David			18.00-19.00	Power Workout Orazio	17.00-18.00	Pilates Sophie	17.00-18.00	Cycling Yves
		18.45-19.30	Natation Quentin			18.30-19.30	American Jazz Dance Jean-Luc					18.00-19.00	Stretching Linda
19.00-19.45	Aquagym Matthieu	18.45-19.30	Relaxation Profonde Sash	19.00-20.00	Yogalates Greg	19.00-19.45	Aquagym Anne Sophie						
19.00-19.15	Session Abdos Wellness Adviser	19.00-19.30	Boot camp Wellness Adviser	19.00-19.15	Session Abdos Wellness Adviser	19.00-19.30	Boot camp Wellness Adviser	19.00-19.15	Session Abdos Wellness Adviser				
19.00-20.00	Body Sculpt Vasiliki	19.30-20.30	Cycling Yves			19.30-20.00	Trance™ Jean-Luc						
						20.00-20.45	La Barre Jean-Luc						

STUDIO CLASS
FITNESS ZONE
STRETCHING ZONE
POOL



Pour plus d'informations/For more information: Benoît Myaux : bmyaux@aspria.be - T 02 610 40 78

Be More