

# STUDIO CLASS TIMETABLE

DU | FROM 02/07/2018 AU | UNTIL 02/09/2018



AQUA



CYCLING



DANCE



ENERGY



BODY & MIND



STRENGTH

LUNDI   MONDAY	MARDI   TUESDAY	MERCREDI   WEDNESDAY	JEUDI   THURSDAY	VENDREDI   FRIDAY	SAMEDI   SATURDAY	DIMANCHE   SUNDAY
07.15-07.45 <b>Réveil Tonic</b> Wellbeing Advisor, Studio	07.15-07.45 <b>Réveil Tonic</b> Wellbeing Advisor, Studio	07.15-07.45 <b>Réveil Tonic</b> Wellbeing Advisor, Studio	07.15-07.45 <b>Réveil Tonic</b> Wellbeing Advisor, Studio	07.15-07.45 <b>Réveil Tonic</b> Wellbeing Advisor, Studio	10.00-11.00 <b>LBT</b> Nicoletta, Studio	10.00-10.40 <b>Functional Training Workout</b> Wellbeing Advisor, Fitness
09.30-10.30 <b>Yoga Therapy</b> Orazio, Studio	08.30-09.00 <b>Wellbeing Stretch</b> Wellbeing Advisor, Studio	09.30-10.30 <b>Gym Douce</b> Romain, Studio	08.00-08.45 <b>AquaBIKE</b> Lisa, Pool	08.30-09.00 <b>Wellbeing Stretch</b> Wellbeing Advisors, Studio	11.00-12.00 <b>Stretching</b> Nicoletta, Studio	10.30-11.30 <b>Trance™</b> Jean Luc, Studio
10.45-11.30 <b>Aquagym</b> Sandrine, Pool	09.30-10.30 <b>Body Care</b> David, Studio	10.00-10.45 <b>Aqua-Dynamic</b> Aziz, Pool	10.30-11.30 <b>Free Body Sculpt</b> Aziz, Studio	09.30-10.15 <b>Stretching</b> Orsi, Studio	12.30-13.15 <b>Aquagym</b> Joelle, Pool	11.30-12.30 <b>Stretch &amp; Tone™</b> Jean Luc, Studio
11.30-12.30 <b>Salsa Dance</b> Frankie, Studio	10.30-11.30 <b>Swissball</b> Aziz, Studio	10.30-11.30 <b>Stretching</b> Orazio, Studio	11.30-12.30 <b>Pilates Basics</b> Serge, Studio	09.30-10.15 <b>Aquagym</b> Sandrine, Pool	13.00-13.15 <b>CoreXpress</b> Wellbeing Advisor, Stretching Zone	13.00-13.15 <b>CoreXpress</b> Wellbeing Advisor, Stretching Zone
12.30-13.30 <b>Stretch &amp; Sculpt</b> Aziz, Studio	12.30-13.30 <b>Pilates Classic</b> Orsi, Studio	12.30-13.15 <b>Hydro Pilates</b> Orazio, Pool	11.45-12.30 <b>WATFIT® Basic</b> Lisa, Pool	12.30-13.15 <b>AquaBIKE</b> Aziz, Pool	16.00-16.40 <b>Functional Training Workout</b> Wellbeing Advisor, Fitness	16.00-16.40 <b>Functional Training Workout</b> Wellbeing Advisor, Fitness
13.00-13.15 <b>CoreXpress</b> Wellbeing Advisor, Stretching Zone	13.00-13.15 <b>CoreXpress</b> Wellbeing Advisor, Stretching Zone	12.30-13.30 <b>Cycling</b> Valeria, Studio	12.30-13.30 <b>bodyART Basic®</b> Serge, Studio	12.30-13.30 <b>Pilates Ball</b> Orsi, Studio		17.00-18.00 <b>Cycling</b> Yves, Studio
18.00-19.00 <b>Pilates Basics</b> Geny, Studio	13.30-14.30 <b>Rythmo Latino Dance</b> Delis, Studio	13.00-13.15 <b>CoreXpress</b> Wellbeing Advisor, Stretching Zone	12.30-13.30 <b>Aquagym</b> Delis, Pool	13.00-13.30 <b>CoreXpress</b> Wellbeing Advisor, Stretching Zone		18.15-19.15 <b>Power Yoga</b> Linda, Studio
18.30-19.30 <b>Technique de nage</b> Benjamin, Pool	18.00-18.45 <b>WATFIT® Advanced</b> Lisa, Pool	18.30-19.30 <b>Aziz Tonic</b> Aziz, Studio	13.00-13.15 <b>CoreXpress</b> Wellbeing Advisor, Stretching Zone	18.00-19.00 <b>Cycling</b> Anco, Studio		
19.00-19.15 <b>Core Conditioning</b> Wellbeing Advisor, Stretching Zone	18.00-19.00 <b>Hatha Yoga</b> Rebecca, Studio	20.00-20.45 <b>AquaBIKE</b> Delis, Pool	13.30-14.30 <b>Rythmo Latino Dance</b> Delis, Studio	19.00-19.15 <b>Core Conditioning</b> Wellbeing Advisor, Stretching Zone		
19.00-20.00 <b>Super Sculpt</b> Geny, Studio	19.00-19.15 <b>Core Conditioning</b> Wellbeing Advisor, Stretching Zone	20.30-21.00 <b>Functional Training Workout</b> Wellbeing Advisors, Fitness	18.30-19.30 <b>American Jazz Dance</b> Jean Luc, Studio			
19.45-20.30 <b>AquaBIKE</b> Sébastien, Pool	19.00-19.45 <b>Aquagym</b> Xavier, Pool		19.00-19.45 <b>Aquagym</b> Bombom, Pool			
	19.00-20.00 <b>Cycling</b> Mihaela, Studio		19.30-20.00 <b>Trance™</b> Jean Luc, Studio			
	20.00-21.00 <b>Martial Arts Workout</b> Peter, Studio		20.00-21.00 <b>Ballet</b> Jean Luc, Studio			
			20.30-21.00 <b>Functional Training Workout</b> Wellbeing Advisor, Fitness			

Ce cours ne sera pas dispensé du 23/07/2018 au 12/08/2018 inclus.  
These classes will not be held between 23/07/2018 and 12/08/2018 inclusive.

Réservation en ligne  
Online Booking

Il n'est pas permis de rejoindre un cours plus de 5 min après le début de celui-ci.  
It is not possible to enter a class more than 5 mins after the start.

Pour plus d'informations :  
For more information:  
[fitness.avenuelouise@aspria.be](mailto:fitness.avenuelouise@aspria.be)