

# STUDIO CLASS TIMETABLE DU | FROM 22/04/2019 AU | UNTIL 30/06/2019



LUNDI   MONDAY	MARDI   TUESDAY	MERCREDI   WEDNESDAY	JEUDI   THURSDAY	VENREDI   FRIDAY	SAMEDI   SATURDAY	DIMANCHE   SUNDAY
07.30-08.15 <b>AquaFit</b> Francesca, Pool	07.30-08.00 <b>FUNCTIONAL Circuit</b> Wellbeing Advisor, Functional	07.30-08.15 <b>AquaBIKE</b> Pool, Francesca	07.30-08.30 <b>Ashtanga Yoga</b> Elena, Spirit	07.30-08.30 <b>Cycling</b> Isabelle L., Energy	09.00-10.00 <b>Taiji Quan</b> Thierry, Spirit	09.00-10.00 <b>LBT</b> Farah, Vitalis
09.00-10.00 <b>Hatha Yoga</b> Karima, Spirit	09.00-10.00 <b>LBT</b> David B., Vitalis	07.30-08.30 <b>Cycling</b> Vincent G., Vitalis	09.00-09.45 <b>Abdos Hypopressifs</b> Caroline, Spirit	9.00-10.00 <b>BODYBALANCE™</b> Caroline, Spirit	09.30-10.00 <b>CXWORX™</b> Arina, Vitalis	09.30-10.00 <b>FUNCTIONAL Core</b> Wellbeing Advisor, Functional
10.00-10.30 <b>TRX®</b> Wellbeing Advisor, Sports	10.00-10.30 <b>TRX®</b> Wellbeing Advisor, Sports	09.00-10.00 <b>BODYATTACK™</b> Caroline L., Vitalis	09.15-10.15 <b>Cycling</b> Anco, Energy	09.00-10.00 <b>TBC</b> Nicoletta, Vitalis	10.00-11.00 <b>BODYATTACK™</b> Arina, Vitalis	10.00-10.45 <b>Aqua Basic</b> Paola, Pool
10.00-11.00 <b>Ashtanga Yoga</b> Karima, Spirit	10.00-10.45 <b>AquaFit</b> Geny, Pool	09.00-10.00 <b>Body Core</b> Isabelle H., Spirit	09.45-10.45 <b>Body Sculpt</b> Guillermo, Vitalis	10.00-10.45 <b>AquaFit</b> Omar, Pool	10.00-11.30 <b>Cycling</b> Steve, Energy	10.00-10.45 <b>SH'BAM™</b> Farah, Vitalis
10.15-11.00 <b>SH'BAM™</b> Anna V., Vitalis	10.00-10.45 <b>FitMums</b> Monica, Active	10.00-11.00 <b>American Jazz Dance</b> Jean-Luc, Vitalis	10.00-10.45 <b>AquaJUMP</b> Brice, Pool	10.00-10.30 <b>FUNCTIONAL Circuit</b> Wellbeing Advisor, Functional	11.15-12.15 <b>BODYPUMP™</b> Monica, Vitalis	10.00-11.30 <b>Running Attitude</b> Vincent G., Outdoor
10.30-11.30 <b>Swimming Technique</b> Francesca, Pool	10.00-11.00 <b>Pilates +</b> Marie, Vitalis	10.00-10.30 <b>FUNCTIONAL Circuit</b> Wellbeing Advisor, Functional	10.45-11.45 <b>Zumba®</b> Guillermo, Vitalis	10.00-11.00 <b>Pilates +</b> Nicoletta, Vitalis	12.15-13.00 <b>AquaFit</b> Gary, Pool	10.30-12.00 <b>Cycling</b> Steve, Energy
11.00-12.00 <b>Stretching</b> David S., Spirit	10.00-11.00 <b>Cycling</b> Cindy, Energy	10.00-10.45 <b>AquaFit</b> Omar, Pool	11.45-12.15 <b>CXWORX™</b> Maria, Vitalis	10.00-11.00 <b>Hatha Yoga</b> Elena, Spirit	12.30-13.30 <b>Cycling</b> Vincent G., Energy	10.45-11.30 <b>LES MILLS TONE™</b> Maria, Vitalis
11.00-12.00 <b>LBT</b> Anna V., Vitalis	10.00-11.00 <b>Pilates ++</b> Ana, Spirit	10.00-11.00 <b>Hatha Yoga</b> Juliya, Spirit	12.15-13.00 <b>LES MILLS TONE™</b> Maria, Vitalis	11.00-11.30 <b>Relaxation</b> Elena, Spirit	12.30-13.30 <b>Pilates +</b> Ana, Vitalis	11.00-12.00 <b>Stretching</b> Elena, Spirit
12.15-13.00 <b>BODYPUMP™</b> Monica, Vitalis	11.00-12.00 <b>Hatha Yoga</b> Elena, Spirit	10.30-11.30 <b>Cycling</b> Monica, Energy	12.15-13.00 <b>AquaFit</b> Jean-Marc, Pool	11.00-12.00 <b>Aero Flex™</b> David B., Vitalis	16.00-16.45 <b>SH'BAM™</b> Maria, Vitalis	11.30-12.30 <b>BODYATTACK™</b> Sylvia, Vitalis
12.15-13.00 <b>AquaFit</b> Jean-Marc, Pool	11.00-12.00 <b>Zumba®</b> Guillermo, Vitalis	11.00-12.00 <b>Stretch &amp; Tone™</b> Jean-Luc, Vitalis	12.20-13.20 <b>Cycling</b> Isabelle L., Energy	11.15-12.00 <b>Aqua Basic</b> Omar, Pool	17.00-17.45 <b>AquaBIKE</b> Anna V., Pool	12.00-13.00 <b>Hatha Yoga</b> Elena, Spirit
12.30-13.30 <b>Cycling</b> Cindy, Energy	12.00-12.30 <b>CXWORX™</b> Monica, Vitalis	11.00-12.00 <b>Qi GONG</b> Vincent B., Spirit	13.00-14.00 <b>Hatha Yoga</b> Juliya, Spirit	14.30-15.15 <b>Stretching Gold</b> Lyes, Vitalis	11.30-12.30 <b>Yin Yoga</b> Karima, Spirit	13.00-14.00 <b>Ashtanga Yoga</b> Elena, Spirit
12.45-13.45 <b>BODYBALANCE™</b> Nathalie, Spirit	12.00-13.00 <b>Yin Yoga</b> Karima, Spirit	11.15-12.00 <b>Aqua Basic</b> Omar, Pool	14.30-15.15 <b>Stretching Gold</b> Lyes, Vitalis	12.00-12.30 <b>CXWORX™</b> Chady, Vitalis	17.00-17.45 <b>LES MILLS TONE™</b> Maria, Vitalis	15.45-16.45 <b>BODYPUMP™</b> Anis, Vitalis
13.15-14.00 <b>WATFIT®</b> Tom, Pool	12.30-13.15 <b>BODYATTACK™</b> Monica, Vitalis	12.00-12.45 <b>FUNCTIONAL Circuit Gold</b> Moustapha, Functional	17.00-18.00 <b>Stretching</b> David S., Vitalis	12.35-13.20 <b>BODYPUMP™</b> Chady, Vitalis	18.00-19.00 <b>BODYBALANCE™</b> Caroline L., Vitalis	16.00-16.45 <b>AquaFit</b> Edson, Pool
14.00-14.45 <b>Zumba Gold®</b> Paola, Vitalis	12.45-13.30 <b>AquaFit</b> Xavier, Pool	12.15-13.00 <b>AquaBIKE</b> Jean-Marc, Pool	18.00-19.00 <b>Vinyasa Yoga</b> Anna B., Spirit	12.40-13.40 <b>Cycling</b> Monica, Energy		17.00-18.00 <b>LBT</b> Edson, Vitalis
15.00-16.00 <b>Pilates ++</b> Sandra, Vitalis	13.00-14.00 <b>Stretching</b> Juliya, Spirit	12.15-13.15 <b>BODYPUMP™</b> Maxime, Vitalis	18.00-19.00 <b>Aero Flex™</b> Cindy P., Vitalis	14.30-15.15 <b>Gym Tonic Gold</b> Geny, Vitalis		17.00-18.00 <b>Cycling</b> Monica, Energy
18.00-19.00 <b>BODYPUMP™</b> Chady, Vitalis	14.00-14.45 <b>Stand-Up Gold</b> Lyes, Vitalis	17.00-17.45 <b>Pilates Stretch</b> David S., Vitalis	18.15-19.00 <b>WATFIT®</b> Isabelle Lh., Pool	17.00-18.00 <b>bodyART®</b> Serge, Vitalis		18.00-19.30 <b>Ballet</b> Kamila, Spirit
18.00-19.00 <b>Pilates +</b> Anna V., Spirit	17.30-18.00 <b>CXWORX™</b> Sylvia, Vitalis	18.00-18.30 <b>Abdos Hypopressifs</b> Patrick, Vitalis	19.00-20.00 <b>Pilates +</b> Ségoène, Spirit	17.30-18.30 <b>Vinyasa Yoga</b> Veronica, Spirit		18.15-19.15 <b>BODYBALANCE™</b> Monica, Vitalis
18.15-19.00 <b>AquaBIKE</b> Xavier, Pool	18.00-19.00 <b>BODYATTACK™</b> Sylvia, Vitalis	18.00-19.00 <b>Ashtanga Yoga</b> Elena, Spirit	19.00-20.00 <b>Cycling</b> Bernard, Energy	18.00-19.00 <b>LBT</b> Paola, Vitalis		
18.30-19.30 <b>Cycling</b> Vincent G., Energy	18.00-19.00 <b>Hatha Yoga</b> Karima, Spirit	18.30-19.00 <b>CXWORX™</b> Patrick, Vitalis	19.00-20.00 <b>BODYATTACK™</b> Maxime, Vitalis	18.00-19.00 <b>Ping Pong</b> Sports		
19.00-20.00 <b>Stretching</b> Guillermo, Spirit	18.30-19.15 <b>AquaFit</b> Matthieu, Pool	19.00-20.00 <b>bodyART®</b> Henri, Spirit	19.00-22.00 <b>Badminton</b> Sports	18.30-19.30 <b>Guided Meditation</b> Fabian, Spirit		
19.00-20.00 <b>LES MILLS TONE™</b> Chady, Vitalis	18.30-21.30 <b>Badminton</b> Sports	19.00-20.00 <b>Cycling</b> Vincent G., Energy	19.15-20.00 <b>AquaBIKE</b> Matthieu, Pool	19.00-20.00 <b>Swimming Technique</b> Eric, Pool		
19.15-20.00 <b>AquaFit</b> Xavier, Pool	18.45-19.45 <b>Cycling</b> JP, Energy	19.15-20.00 <b>SH'BAM™</b> Olivier, Vitalis	20.00-21.00 <b>BODYBALANCE™</b> Monica, Spirit			
19.30-20.30 <b>Boxing Workout</b> Anice, Sports	19.00-20.00 <b>Taiji Quan</b> Florent, Spirit	19.30-20.30 <b>Boxing Workout</b> Florent, Sports	20.10-21.10 <b>BODYPUMP™</b> Arina, Vitalis			
20.00-21.15 <b>Vinyasa Yoga</b> Anna B., Spirit	19.10-20.10 <b>BODYPUMP™</b> Caroline L., Vitalis	20.00-20.45 <b>LES MILLS TONE™</b> Arina, Vitalis				
20.10-21.10 <b>Zumba®</b> Guillermo, Vitalis	19.30-20.15 <b>AquaJUMP</b> Matthieu, Pool	20.00-21.00 <b>Ballet</b> David S., Spirit				
20.30-21.30 <b>Soccer Skills &amp; Drills</b> Patrick, Sport	20.10-21.10 <b>Aero Flex™</b> David B., Vitalis					
	20.30-21.30 <b>Swimming Technique</b> Lyes, Pool					

€ Cours payants  
Paid Courses

☞ Ouverture de la crèche  
Crèche is open

✓ Réservation à la Réception  
dès 30 minutes avant le cours  
Reservation at Reception  
from 30 minutes before the class

+ Débutant | Beginner  
++ Intermédiaire | Intermediate

12+ Cours accessibles aux membres  
de 12 ans et plus accompagnés  
d'un parent adulte.  
Classes open to members aged  
12 years and above, accompanied  
by one adult parent.

\* Deux fois par mois  
Twice per month  
05/04, 26/04, 03/05, 17/05, 07/06, 21/06

\*\* A partir du 7 mai  
As from 7 May

\*\*\* A partir du 30 avril  
A from 30 April

\*\*\*\* A partir du 3 mai  
As from 3 May

Les cours ont lieu lorsque qu'il y a au  
moins 3 participants.  
The classes are taking place with  
3 participants as minimum.

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.royallarasante@aspria.be](mailto:fitness.royallarasante@aspria.be)

Vous trouverez l'horaire des cours en ligne sur myAspria d'où vous pouvez effectuer votre  
recherche par catégorie, cours ou instructeur. Les annulations et remplacements sont indiqués  
sur l'horaire en ligne.

You will find the online timetable on myASPRIA.com, where you can search by category, class or  
instructor. Cancellations and replacements are updated on the online version of the timetable.

L'horaire peut être sujet à des modifications | Subject to modifications.