

## DESCRIPTIONS DES COURS CLASS DESCRIPTIONS

### Abdos Hypopressifs

Cette technique permet une amélioration de la posture, une diminution significative des lésions articulaires ou musculaires et une prévention optimale des descentes d'organes.

This technique helps to improve posture, significantly reduce joint and muscle injuries and prevent organ decline in the best possible way.

### Aero Flex™

Cours cardio-vasculaire alternant mouvements de chorégraphie avec et sans impact.

Cardio class mixing high and low impact choreographed moves.

### Agility Gold

Cours destiné aux seniors dont le dessein est d'améliorer la coordination psychomotrice, les réflexes, la force et l'équilibre.

Course for seniors whose goal is to improve psychomotor coordination, reflexes, strength and balance.

### American Jazz Dance

Cours de danse dynamique basé sur différents rythmes musicaux et styles de danses allant de l'afro-jazz au funk en passant par le classique.

Dynamic dance class with a variety of dance styles and musical rhythms from afro-jazz to funk via classical.

### Animal Flow

Animal Flow est un entraînement complet qui utilise le poids du corps pour augmenter la force, améliorer la mobilité, l'équilibre et booster votre endurance.

Animal Flow is a dynamis body-weight workout which builds strength, increase mobility and balance and boosts your endurance.

### Aqua Basic

Cours d'aqua fitness d'intensité moyenne accessible à tous. Intermediate aqua fitness class for all levels.

### AquaBIKE

Cours de vélo pratiqué dans l'eau pour affiner la silhouette, développer son endurance et ses capacités cardio-vasculaires.

Cycling class performed in water to refine the silhouette, and to develop endurance and cardiovascular capacity.

### AquaFit

Entraînement cardio-vasculaire et musculaire dans l'eau.

Cardio-vascular and muscular training in the water.

### AquaJUMP

Il s'agit d'un cours qui se pratique sur un trampoline dans la piscine. La puissance cardio-vasculaire et le travail profond de la musculature sont les points forts de ce cours.

A class performed on a trampoline in the pool. The key feature of this class are improved cardio-vascular efficiency and an intense workout for the muscles.

### Ashtanga Yoga

Yoga dynamique combinant des exercices de respiration synchronisée avec une série de poses pour améliorer la circulation et apaiser l'esprit.

Dynamic yoga that involves synchronizing the breath with a series of postures for improved circulation and a calm mind.

### Badminton

Le Sports Hall est à votre disposition quelques heures les mardis et jeudis pour vous permettre de jouer au badminton. The Sports Hall is at your disposal for some hours on Tuesdays and Thursdays to allow you to play badminton.

### Ballet

Cours de technique de danse classique. Il est impératif d'avoir les cheveux attachés et de porter des vêtements près du corps. Ballet technique class. It's mandatory to have hair tied back and wear tight clothing.

### Body Core

Cours permettant d'améliorer la posture et la silhouette en utilisant la technique d'abdos hypopressifs. Class which helps to improve the posture and silhouette by using the hypopressive abdominal technique.

### Body Sculpt

Cours de renforcement musculaire à l'aide de petits haltères et d'élastiques. Accessible à tous.

Muscle-toning classes using light weights and stretch bands. Open to all levels.

### BodyART®

Combinaison de yoga, physiothérapie, mouvements japonais et techniques classiques de respiration pour une relaxation intense.

A mix of yoga, physiotherapy, Japanese movements and classical breathing techniques for relaxation.

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Combinaison de yoga, physiothérapie, mouvements japonais et techniques classiques de respiration pour une relaxation intense.

A mix of yoga, physiotherapy, Japanese movements and classical breathing techniques for relaxation.

### BODYATTACK™

Véritable cours d'interval-training aux intensités variées, il combine exercices cardio-vasculaires et musculaires sur des enchaînements simples et dynamiques.

This varied-intensity interval-training class combines cardio-vascular and muscular exercises with simple and dynamic sequences.

### BODYBALANCE™

Cours en musique, qui permet d'améliorer le bien-être général, s'inspirant du Tai-chi, du yoga et du pilates. A class to music, inspired by Taichi, yoga and Pilates, providing an improvement in general wellbeing.

### BODYPUMP™

Cours de renforcement musculaire durant lequel tous les groupes musculaires sont sollicités en travaillant avec des poids sur une barre. Muscular strengthening class in which all muscle groups are worked with weights on a bar.

### BOOSTER

Entraînement en petit groupe à l'aide de différents outils (TRX, Rip, Kettle-bell, ViPr and le Body Weight). Grâce aux exercices réalisés par intervalles, vous renforcez votre métabolisme et améliorez votre performance.

Small group personal training using different tools such as TRX, Rip, Kettle-bell, ViPr and Body Weight. Short intervals of high intensity exercise help you to boost your metabolism and increase your performance.

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### CXWORX™

Au moyen de mouvements fonctionnels, ce cours se focalise sur le centre du corps et les fessiers à l'aide de tubes et de charges externes.

This class concentrates on the body's core as well as the buttocks, using functional movements combined with the use of tubes and weight plates.

### Cycling

Entraînement cardio-vasculaire sur le vélo basé sur le rythme cardiaque. L'utilisation d'un cardiofréquencemètre est conseillé.

A cardio workout on the bike focussing on raising the heart-rate. Using a heartrate monitor in this class is a good way of monitoring your workout.

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A cardio workout on the bike focussing on raising the heart-rate. Using a heartrate monitor in this class is a good way of monitoring your workout.

### SH'BAM™

Cours de danse avec mouvements simples pour s'amuser et se dépenser. Dance class with simple moves but a great workout and lots of fun.

### Soccer Skills & Drills

Un entraînement de football en petit groupe qui permettra de peaufiner votre technique (rapidité, agilité, force, stabilité et proprioception).

Soccer training in a small group to improve your technique (speed, agility, strength, stability and proprioception).

### Stand-Up Gold

Cours destiné aux seniors désirant travailler leur stabilité, équilibre et tonicité. Class aimed at seniors who want to work on their stability, balance and tone.

### Stretch & Tone™

Cours d'étirements musculaires complet inspiré des cours de danse classique. Le cours se déroule allongé au sol, alternant des exercices d'assouplissement et de musculation.

Full body stretching class that takes inspiration from classic dance. The exercises are carried out on a mat and combine moves to stretch and also to tone your muscles.

### Stretching

Ce cours améliore votre souplesse et la mobilité des articulations. A class to improve your suppleness and joint mobility.

### Stretching Gold

Cours destiné aux seniors qui améliore la souplesse et la mobilité des articulations. Class aimed at seniors which improve suppleness and joint mobility.

This class aims to improve the suppleness and joint mobility of seniors.

Class aimed at seniors which improve suppleness and joint mobility.

### Swimming Technique

Cours permettant d'apprendre ou améliorer les techniques de nage que vous désirez travailler. Class to improve the swimming technique of your choice.

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# STUDIO CLASS TIMETABLE DU | FROM 03/09/2018 AU | UNTIL 23/12/2018



LUNDI   MONDAY	MARDI   TUESDAY	MERCREDI   WEDNESDAY	JEUDI   THURSDAY	VENREDI   FRIDAY	SAMEDI   SATURDAY	DIMANCHE   SUNDAY
07.30-08.15 <b>AquaFit</b> Vasiliki, Pool	07.30-08.00 <b>FUNCTIONal Circuit</b> Wellbeing Advisor, Functional	07.30-08.30 <b>Cycling</b> Vincent G., Energy	07.30-08.30 <b>Ashtanga Yoga</b> Elena, Spirit	07.30-08.30 <b>Cycling</b> Isabelle L., Energy	09.00-09.30 <b>BOOSTER</b> Patrick, Functional	09.00-10.00 <b>LBT</b> Farah, Vitalis
09.00-10.00 <b>Hatha Yoga</b> Jullyana, Spirit	09.10-10.10 <b>LBT</b> David B., Vitalis	09.00-10.00 <b>BODYATTACK™</b> Anis, Vitalis	09.05-09.45 <b>Abdos Hypopressifs</b> Caroline, Spirit	09.05-10.00 <b>TBC</b> Nicoletta, Vitalis	09.00-10.00 <b>Taiji Quan</b> Thierry, Spirit	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	09.10-10.10 <b>Body Core</b> Isabelle H., Spirit	09.15-10.15 <b>Cycling</b> Anco, Energy	10.00-10.45 <b>AquaFit</b> Omar, Pool	09.30-10.00 <b>CXWORX™</b> Arina, Vitalis	10.00-10.45 <b>Aqua Basic</b> Paola, Pool
10.00-11.00 <b>Ashtanga Yoga</b> Vasiliki, Spirit	10.00-10.45 <b>AquaFit</b> Delis, Pool	10.00-11.00 <b>American Jazz Dance</b> Jean-Luc, Vitalis	09.45-10.45 <b>Body Sculpt</b> Guillermo, Vitalis	10.00-10.30 <b>FUNCTIONal Circuit</b> Wellbeing Advisor, Functional	10.00-11.00 <b>BODYATTACK™</b> Arina, Vitalis	10.00-10.45 <b>SH'BAM™</b> Farah, Vitalis
10.15-11.00 <b>SH'BAM™</b> Anna V., Vitalis	10.00-11.00 <b>Cycling</b> Cindy, Energy	10.00-10.30 <b>FUNCTIONal Circuit</b> Wellbeing Advisor, Functional	10.00-10.30 <b>BOOSTER</b> Patrick, Functional	10.00-11.00 <b>Pilates +</b> Nicoletta, Vitalis	10.00-11.30 <b>Cycling</b> Steve, Energy	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> Vasiliki, Spirit	10.00-10.45 <b>AquaFit</b> Omar, Pool	10.00-10.45 <b>AquaJUMP</b> Omar, Pool	10.00-11.00 <b>Hatha Yoga</b> Elena, Spirit	11.15-12.15 <b>BODYPUMP™</b> Monica, Vitalis	10.30-12.00 <b>Cycling</b> Steve, Energy
11.00-11.30 <b>Animal Flow</b> Angela, Sports	10.10-11.10 <b>Pilates +</b> Marie, Vitalis	10.10-11.10 <b>Hatha Yoga</b> Laurence, Spirit	10.45-11.45 <b>Zumba®</b> Guillermo, Vitalis	11.00-11.30 <b>Relaxation</b> Elena, Spirit	12.15-13.00 <b>AquaFit</b> Bombom, Pool	10.45-11.30 <b>LES MILLS TONE™</b> Sylvia, Vitalis
11.00-12.00 <b>Stretching</b> David S., Spirit	11.00-12.00 <b>Hatha Yoga</b> Elena, Spirit	10.30-11.30 <b>Cycling</b> Monica, Energy	11.45-12.15 <b>CXWORX™</b> Monica, Vitalis	11.00-12.00 <b>Aero Flex™</b> David B., Vitalis	12.30-13.30 <b>Cycling</b> Vincent G., Energy	11.00-12.00 <b>Stretching</b> Elena, Spirit
11.00-12.00 <b>LBT</b> Veronique, Vitalis	11.10-12.10 <b>Zumba®</b> Guillermo, Vitalis	11.00-12.00 <b>Stretch &amp; Tone™</b> Jean-Luc, Vitalis	12.15-13.00 <b>LES MILLS TONE™</b> Monica, Vitalis	11.15-12.00 <b>Aqua Basic</b> Omar, Pool	12.30-13.30 <b>Pilates +</b> Daniel, Vitalis	11.30-12.30 <b>BODYATTACK™</b> Sylvia, Vitalis
12.15-13.00 <b>BODYPUMP™</b> Monica, Vitalis	12.15-13.00 <b>BODYATTACK™</b> Monica, Vitalis	11.10-12.10 <b>Qi GONG</b> Vincent B., Spirit	12.20-13.20 <b>Cycling</b> Isabelle L., Energy	12.00-12.30 <b>CXWORX™</b> Chady, Vitalis	16.00-16.45 <b>SH'BAM™</b> Farah, Vitalis	12.00-13.00 <b>Hatha Yoga</b> Elena, Spirit
12.15-13.00 <b>AquaFit</b> Jean-Marc, Pool	12.45-13.30 <b>AquaFit</b> Omar, Pool	11.15-12.00 <b>Aqua Basic</b> Xavier, Pool	12.30-13.15 <b>AquaFit</b> Omar, Pool	12.30-13.30 <b>Cycling</b> Monica, Energy	17.00-17.45 <b>AquaBIKE</b> Anna V., Pool	15.45-16.45 <b>BODYPUMP™</b> Anis, Vitalis
12.30-13.30 <b>Cycling</b> Cindy, Energy	13.00-14.00 <b>Stretching</b> Jullyana, Spirit	12.10-12.50 <b>FUNCTIONal Circuit Gold</b> Vasiliki, Functional	13.00-13.45 <b>Agility Gold</b> Mous, Vitalis	12.35-13.20 <b>BODYPUMP™</b> Chady, Vitalis	17.00-18.00 <b>Ashtanga Yoga</b> Anna B., Spirit	16.00-16.45 <b>AquaFit</b> Edson, Pool
12.45-13.45 <b>BODYBALANCE™</b> Nathalie, Spirit	14.00-14.45 <b>Stand-Up Gold</b> Lyes, Vitalis	12.15-13.00 <b>AquaBIKE</b> Jean-Marc, Pool	13.00-14.00 <b>Hatha Yoga</b> Jullyana, Spirit	14.30-15.15 <b>Gym Tonic Gold</b> Geny, Vitalis	17.00-17.45 <b>LES MILLS TONE™</b> Francoise, Vitalis	17.00-18.00 <b>LBT</b> Edson, Vitalis
13.15-14.00 <b>WATFIT®</b> Tom, Pool	17.30-18.00 <b>CXWORX™</b> Sylvia, Vitalis	12.15-13.15 <b>BODYPUMP™</b> Maxime, Vitalis	14.30-15.15 <b>Stretching Gold</b> Lyes, Vitalis	17.00-18.00 <b>bodyART®</b> Serge, Vitalis	18.00-19.00 <b>BODYBALANCE™</b> Caroline L., Vitalis	17.00-18.00 <b>Cycling</b> Monica, Energy
14.00-14.45 <b>Zumba Gold®</b> Paola, Vitalis	18.00-19.00 <b>BODYATTACK™</b> Sylvia, Vitalis	17.00-17.45 <b>Pilates Stretch</b> David S., Vitalis	17.00-18.00 <b>Stretching</b> David S., Vitalis	17.30-18.30 <b>Vinyasa Yoga</b> Veronica, Spirit		18.00-19.30 <b>Ballet</b> Kamila, Spirit
15.00-16.00 <b>Pilates ++</b> Sandra, Vitalis	18.00-19.00 <b>Hatha Yoga</b> Nur, Spirit	18.00-18.30 <b>Abdos Hypopressifs</b> Patrick, Vitalis	18.00-19.00 <b>Vinyasa Yoga</b> Anna B., Spirit	18.00-19.00 <b>LBT</b> Paola, Vitalis		18.15-19.15 <b>BODYBALANCE™</b> Monica, Vitalis
18.00-19.00 <b>BODYPUMP™</b> Chady, Vitalis	18.30-19.15 <b>AquaFit</b> Brice, Pool	18.00-18.30 <b>Animal Flow</b> Angela, Sports	18.00-19.00 <b>Aero Flex™</b> Cindy P., Vitalis	18.30-19.30 <b>Guided Meditation</b> Fabian, Spirit		
18.00-19.00 <b>Pilates +</b> Daniel, Spirit	18.30-21.30 <b>Badminton</b> Sports	18.00-19.00 <b>Ashtanga Yoga</b> Elena, Spirit	18.15-19.00 <b>WATFIT®</b> Isabelle Lh., Pool	19.00-20.00 <b>Swimming Technique</b> Eric, Pool		
18.15-19.00 <b>AquaBIKE</b> Xavier, Pool	18.45-19.45 <b>Cycling</b> JP, Energy	18.30-19.00 <b>CXWORX™</b> Patrick, Vitalis	19.00-20.00 <b>Pilates +</b> Ségolène, Spirit			
18.30-19.30 <b>Cycling</b> Vincent G., Energy	19.00-20.00 <b>Taiji Quan</b> Thierry, Spirit	19.00-20.00 <b>bodyART®</b> Henri, Spirit	19.00-20.00 <b>Cycling</b> Bernard, Energy			
19.00-19.30 <b>BOOSTER</b> Patrick, Functional	19.10-20.10 <b>BODYPUMP™</b> Joe, Vitalis	19.00-20.30 <b>Cycling</b> Vincent G., Energy	19.00-20.00 <b>BODYATTACK™</b> Maxime, Vitalis			
19.00-20.00 <b>Stretching</b> Guillermo, Spirit	19.15-20.00 <b>AquaJUMP</b> Brice, Pool	19.10-19.40 <b>BOOSTER</b> Patrick, Functional	19.00-22.00 <b>Badminton</b> Sports			
19.00-20.00 <b>LES MILLS TONE™</b> Chady, Vitalis	20.10-21.10 <b>Aero Flex™</b> David B., Vitalis	19.15-20.00 <b>SH'BAM™</b> Olivier, Vitalis	19.15-20.00 <b>AquaBIKE</b> Matthieu, Pool			
19.15-20.00 <b>AquaFit</b> Xavier, Pool	20.30-21.30 <b>Swimming Technique</b> Lyes, Pool	20.00-20.45 <b>LES MILLS TONE™</b> Arina, Vitalis	20.00-21.00 <b>BODYBALANCE™</b> Monica, Spirit			
20.00-21.15 <b>Vinyasa Yoga</b> Anna B., Spirit		20.00-21.00 <b>Ballet</b> David S., Spirit	20.10-21.10 <b>BODYPUMP™</b> Hussein, Vitalis			
20.10-21.10 <b>Zumba®</b> Guillermo, Vitalis						
20.30-21.30 <b>Soccer Skills &amp; Drills</b> Patrick, Sport						

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.

☺ Ouverture de la crèche  
Crèche is open

€ Cours payant  
Chargeable class

✓ Réservation à la Réception  
dès 1 heure avant le cours  
Reservation at Reception  
from 1 hour 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.

\* Premiers vendredis du mois.  
Every first Friday of the month  
07/09, 05/10, 02/11, 07/12

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Veuillez noter que votre  
réservation en ligne est garantie  
jusqu'à l'heure du début du  
cours. Si vous n'êtes pas présent,  
nous attribuerons la place à un  
autre membre.

Booking on myASPRIA.com  
Please note that your online  
booking is guaranteed until the  
start time of the class. If you are  
not there, we may assign your  
place to another member.

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