

JANUARI

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
30		1	2	3	4	5
19u30-20u30			19u30-20u30			
ABDO/PILATES			<b>STRETCH</b>			
20u45-22u15			19u-20u30			
SPECIAL GLITTER & GLAMOUR			BEG 2-3 les 11	20u - 21u30		
			20u45-22u15		10u30-12u	
			INTRO 1-2 les 1	<b>SPECIAL HELLO 2025</b>	INTER 2-3 ( les12)	
			PROEFLES			
6	7	8	9	10	11	12
20u30-21u30	20u30-21u30	20u30-21u30				
<b>ABDO/PILATES</b>	<b>STRETCH</b>	<b>FIT</b>				
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
INTER 2-3 ( les11)	ADV ( les 11)	BEG 3-4 ( les 11)	BEG 2-3 les 12			
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15			
BEG 2-3 ( les 11)	ADV ( les 11)	INTER 2-3 ( les11)	INTRO 1-2 les 2			
13	14	15	16	17	18	19
	V	E	R	L	O	F
20	21	22	23	24	25	26
19u30-20u30	19u30-20u30	19u30-20u30	19u30-20u30			
<b>ABDO/PILATES</b>	<b>FIT</b>	<b>ABDO/PILATES</b>	<b>STRETCH</b>			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
INTER 2-3 ( les12)	ADV ( les 12)	BEG 3-4 ( les 12)	BEG 2-3 les13 )			
			20u45-22u15		10u30-12u	
			INTRO 1-2 les 3		INTER 2-3 ( les13)	
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15			
BEG 2-3 ( les 12)	ADV ( les12)	INTER 2-3 ( les12)	<b>SPECIAL JUMP</b>			
27	28	29	30	31		
19u30-20u30	19u30-20u30	19u30-20u30	19u30-20u30			
<b>FIT</b>	<b>ABDO/PILATES</b>	<b>FIT</b>	<b>STRETCH</b>			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
INTER 2-3 ( les13)	ADV ( les 13)	BEG 3-4 ( les 13 )	BEG 2-3( les 14)	20u - 21u30		
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15	<b>CHOREO</b>		
BEGINNERS ( les 13)	ADV ( les 13)	INTER 2-3 ( les13)	INTRO 1-2 les 4			

## FEBRUARI

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
					1 10u30-12u INTERMEDIATE ( les 14)	2
3 19u30-20u30 ABDO/PILATES 19u-20u30 INTER 2-3 ( les14)  20u45-22u15 BEG 2-3 ( les 14)	4 19u30-20u30 FIT 19u-20u30 ADV ( les 14)  20u45-22u15 ADV ( les 14)	5 19u30-20u30 ABDO/PILATES 19u-20u30 BEG 3-4 les 14  20u45-22u15 INTER 2-3 ( les14)	6 19u30-20u30 STRETCH 19u-20u30 BEG 2-3 ( les 15 ) 20u45-22u15 INTRO 1-2 les 5 20u45-22u15 SPECIAL LOLLI	7	8 10u30-12u INTERMEDIATE ( les 15)	9
10 19u30-20u30 ABDO/PILATES 19u-20u30 INTER 2-3 ( les15) 20u45-22u15 BEG 2-3 ( les 15)	11 19u30-20u30 STRETCH 19u-20u30 ADV ( les 15) 20u45-22u15 ADV ( les 15)	12 19u30-20u30 FIT 19u-20u30 BEG 3-4 les 15 20u45-22u15 INTER 2-3 ( les15)	13 EINDE SEIZOEN OKT -FEB  20u45-22u15 SPECIAL PARTNER	15 BEGIN SEIZOEN FEB - JUNI  10u30-12u INTER 2-3	16	
17 19u30-20u30 STRETCH 19u-20u30 INTER 2-3 20u45-22u15 BEG 2-3	18 19u30-20u30 FIT 19u-20u30 ADV 20u45-22u15 ADV	19 19u30-20u30 ABDO/PILATES 19u-20u30 BEG 3-4 20u45-22u15 INTER 2-3	20 19u30-20u30 FIT 19u-20u30 BEG 2-3 20u45-22u15 INTRO 1-2 les 6	21	22 10u30-12u INTER 2-3	23
24 19u30-20u30 FIT 19u-20u30 INTER 2-3 20u45-22u15 BEG 2-3	25 19u30-20u30 ABDO/PILATES 19u-20u30 ADV 20u45-22u15 ADV	26 19u30-20u30 STRETCH 19u-20u30 BEG 3-4 20u45-22u15 INTER 2-3	27 19u30-20u30 ABDO/PILATES 19u-20u30 BEG 2-3 20u45-22u15 INTRO 1-2 les 7	28 20u - 21u30 FLUO NIGHT		

MAART

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
					START KROKUS VAKANT	2
					10u30-12u INTER 2-3	
3	4	5	6	7	8	9
19u30-20u30 <b>ABDO/PILATES</b>	19u30-20u30 <b>FIT</b>	19u30-20u30 <b>ABDO/PILATES</b>	19u30-20u30 <b>STRETCH</b>			
19u-20u30 INTER 2-3	19u-20u30 ADV	19u-20u30 BEG 3-4	19u-20u30 BEG 2-3			
20u45-22u15 BEG 2-3	20u45-22u15 ADV	20u45-22u15 INTER 2-3	20u45-22u15 INTRO 1-2 les 8		10u30-12u INTER 2-3	
10	11	12	13	14	15	16
19u30-20u30 <b>FIT</b>	19u30-20u30 <b>STRETCH</b>	19u30-20u30 <b>FIT</b>	19u30-20u30 <b>ABDO/PILATES</b>			
19u-20u30 INTER 2-3	19u - 20u15 PROEFLES	19u-20u30 BEG 3-4	19u-20u30 BEG 2-3			
20u45-22u15 BEG 2-3	20u45-22u15 LADIESNIGHT	20u45-22u15 INTER 2-3	20u45-22u15 INTRO 1-2 einde			
17	18	19	20	21	22	23
	V	E	R	L	O	F
24	25	26	27	28		30

## APRIL

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
30	1	2	3	4	START PAASVAKANTIE	6
		19u30-20u30	19u30-20u30			
		<b>FIT</b>	<b>ABDO/PILATES</b>			
		19u-20u30	19u-20u30			
		<b>BEG 3-4</b>	<b>BEG 2-3</b>			
		20u45-22u15	20u45-22u15		10u30-12u	
		<b>INTER 2-3</b>	<b>INTRO 1-2 START</b>		<b>INTER 2-3</b>	
7	8	9	10	11	12	13
19u30-20u30	19u30-20u30	19u30-20u30	19u30-20u30			
<b>STRETCH</b>	<b>FIT</b>	<b>ABDO/PILATES</b>	<b>FIT</b>			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
<b>INTER 2-3</b>	<b>ADV</b>	<b>BEG 3-4</b>	<b>BEG 2-3</b>			
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15		10u30-12u	
<b>BEG 2-3</b>	<b>ADV</b>	<b>INTER 2-3</b>	<b>INTRO 1-2</b>		<b>INTER 2-3</b>	
14	15	16	17	18	19	20
19u30-20u30	19u30-20u30	19u30-20u30	19u30-20u30			
<b>FIT</b>	<b>ABDO/PILATES</b>	<b>STRETCH</b>	<b>ABDO/PILATES</b>			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
<b>INTER 2-3</b>	<b>ADV</b>	<b>BEG 3-4</b>	<b>BEG 2-3</b>			
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15		10u30-12u	
<b>BEG 2-3</b>	<b>ADV</b>	<b>INTER 2-3</b>	<b>INTRO 1-2</b>		<b>INTER 2-3</b>	
<b>PAASMAANDAG</b>	22	23	24	25	26	27
	19u30-20u30	19u30-20u30	19u30-20u30			
	<b>FIT</b>	<b>ABDO/PILATES</b>	<b>STRETCH</b>			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
<b>BEESTJES special</b>	<b>ADV</b>	<b>BEG 3-4</b>	<b>BEG 2-3</b>			
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15		10u30-12u	
<b>LADIESNIGHT ( bunny )</b>	<b>ADV</b>	<b>INTER 2-3</b>	<b>INTRO 1-2</b>		<b>INTER 2-3</b>	
28	29	30				
19u30-20u30	19u30-20u30	19u30-20u30				
<b>ABDO/PILATES</b>	<b>STRETCH</b>	<b>FIT</b>				
19u-20u30	19u-20u30	19u-20u30				
<b>INTER 2-3</b>	<b>ADV</b>	<b>BEG 3-4</b>				
20u45-22u15	20u45-22u15	20u45-22u15				
<b>BEG 2-3</b>	<b>ADV</b>	<b>INTER 2-3</b>				

## MEI

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
			DAG VAN DE ARBEID	2	3	4
			19u-20u30			
			BEG 3-4			
			20u45-22u15		10u30-12u	
			SPECIAL LOLLI		INTER 2-3	
5	6	7	8	9	10	11
19u30-20u30	19u30-20u30	19u30-20u30	19u30-20u30			
STRETCH	FIT	ABDO/PILATES	FIT			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
INTER 2-3	ADV	BEG 3-4	BEG 2-3			
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15		10u30-12u	
BEG 2-3	ADV	INTER 2-3	INTRO 1-2		INTER 2-3	
12	13	14	15	16	17	18
19u30-20u30	19u30-20u30	19u30-20u30	19u30-20u30			
FIT	ABDO/PILATES	FIT	STRETCH			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
INTER 2-3	ADV	BEG 3-4	BEG 2-3			
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15		10u30-12u	
BEG 2-3	ADV	INTER 2-3	INTRO 1-2		INTER 2-3	
19	20	21	22	23	24	25
19u30-20u30	19u30-20u30	19u30-20u30	19u30-20u30			
ABDO/PILATES	STRETCH	ABDO/PILATES	FIT			
19u-20u30	19u-20u30	19u-20u30	19u-20u30			
INTER 2-3	ADV	BEG 3-4	BEG 2-3			
20u45-22u15	20u45-22u15	20u45-22u15	20u45-22u15		10u30-12u	
BEG 2-3	ADV	INTER 2-3	INTRO 1-2		INTER 2-3	
26	27	28	OLH hemelvaart	30	31	
19u30-20u30	19u30-20u30	19u30-20u30				
FIT	ABDO/PILATES	STRETCH				
19u-20u30	19u-20u30		20u - 21u30			
INTER 2-3	ADV		CHOREO			
20u45-22u15	20u45-22u15	20u45-22u15			10u30-12u	
BEG 2-3	ADV	STRAP			INTER 2-3	

