

33 rue Borrens - 1050 Bxl  
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**3 September - 21 December 2018**

Level 1:	No experience required
Level 2:	Min 15 classes (at Level 1)
Level 3:	30 classes
Level 4:	1 year experience
Level 5:	2-3 years experience
Level 6:	3-5 years experience (Advanced)

**ALL COLLECTIVE CLASSES BY RESERVATION ONLY  
BUY YOUR CREDIT AND BOOK USING OUR ONLINE SYSTEM**

## MONDAY/LUNDI

09.30-10.30	PILATES CLASSICAL MAT	L5
12.45-13.45	PILATES CLASSICAL MAT	L2
19.00-20.00	PILATES CLASSICAL MAT	L4
20.00-21.00	PILATES MAT FOUNDATIONS	L1

## TUESDAY/MARDI

09.00-10.00	SENIORS SESSION (>65's)	L2
10.00-11.15	GYROKINESIS®	L3
12.45-13.45	PILATES STABILITY & CHAIR	L3
18.00-19.00	PILATES MAT & CHAIR	L2
18.30-19.00	SPINNING 30'	All levels
19.00-20.00	FUSION MAT CIRCUIT	L3
20.00-21.00	YOGA HATHA FLOW	All levels

## WEDNESDAY/MERCREDI

09.30-10.30	PILATES MAT FOUNDATIONS	L1
10.00-10.45	SPINNING 45'	All levels
10.30-11.30	PILATES SCULPT & CHAIR	L3
19.30-20.30	PILATES MOTR MOVES	L4

## THURSDAY/JEUDI

09.00-10.00	BODHI SUSPENSION & CHAIR	L3
10.00-11.00	PILATES STRETCH	L3
16.30-17.30	TEENS PILATES	
18.00-19.00	PILATES CLASSICAL MAT	L2
18.15-19.00	SPINNING BIKE 45'	All levels
19.00-20.00	COREALIGN & SCULPT	L5
20.00-21.00	BARRE & STRETCH	All levels

## FRIDAY/VENDREDI

09.00-10.00	COREALIGN & PILATES MAT	L3
10.00-11.00	PILATES MAT FOUNDATIONS	L1
11.00-12.00	PHYSIO PILATES: MAT	All levels
19.00-20.00	PILATES MAT & CHAIR	L3

## SATURDAY/SAMEDI

09.00-10.00	BODHI SUSPENSION & MAT	L2
10.00-11.00	PILATES MAT FOUNDATIONS	L1
11.00-12.00	PILATES SCULPT	L5
12.00-13.00	COREALIGN & PILATES MAT	L3

## SUNDAY/DIMANCHE

10.00-11.00	PILATES CLASSICAL MAT	L4
12.00-13.00	HATHA YOGA	All levels
12.30-13.15	SPINNING BIKE 45'	All levels
16.30-17.30	PILATES CLASSICAL MAT	L2
17.45-18.45	VINYASA YOGA	All levels

**Private: 36H CANCELLATION OR CHARGED FULL CLASS  
Collective: 24H CANCELLATION OR CHARGED FULL CLASS**

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## MONDAY/LUNDI

19.00-20.00	REFORMER & CHAIR	L3
20.00-21.00	GYROTONIC®	L3

## TUESDAY/MARDI

09.00-10.00	SENIORS SESSION (>65's)	L2
10.00-11.00	REFORMER & CHAIR	L3
19.00-20.00	REFORMER & CHAIR	L5
20.00-21.00	REFORMER & CHAIR FOUNDATIONS	L1

## WEDNESDAY/MERCREDI

08.00-09.00	REFORMER & CHAIR	L3
09.00-10.00	GYROTONIC®	L3
19.00-20.00	GYROTONIC® FOUNDATIONS	L1
18.30-19.30	REFORMER & CHAIR	L3

## THURSDAY/JEUDI

18.00-19.00	REFORMER & CHAIR FOUNDATIONS	L1
19.00-20.00	PHYSIO PILATES: APPARATUS	All levels
19.00-20.00	REFORMER & CHAIR	L4

## FRIDAY/VENDREDI

09.00-10.00	GYROTONIC®	L2
10.00-11.00	REFORMER & CHAIR	L4
18.00-19.00	REFORMER & TOWER	L2

## SATURDAY/SAMEDI

10.00-11.00	REFORMER & CHAIR	L4
11.00-12.00	GYROTONIC®	L2
11.00-12.00	REFORMER/JUMPING & CHAIR	L6
12.00-13.00	REFORMER & CHAIR	L2

## SUNDAY/DIMANCHE

11.15-12.15	REFORMER & CHAIR	L3
17.45-18.45	GYROTONIC® FOUNDATIONS	L1

Private: 36H CANCELLATION OR CHARGED FULL CLASS  
Collective: 24H CANCELLATION OR CHARGED FULL CLASS