

week 6								
zaal	uur	maandag 29/07	dinsdag 30/07	woensdag 31/07	donderdag 01/08	vrijdag 02/08	zaterdag 03/08	zondag 04/08
X	17u30 - 18u45							how to fotoshoot - Tine
	19u00 - 20u15							
	20u30 - 21u45				pole doubles [O] - Stef			
XX	17u30 - 18u45			power flex - Tine				
	19u00 - 20u15		handstand intro - Gaelle					
	20u30 - 21u45	hangmat detox - Tine	handstand [I/A] - Gaelle					
XXX	10u30 - 11u45						INT ayesha's [A] 3/6 - Tine	INT invert [B] 1/6 - Tine
	12u00 - 13u15						flying intro - Tine	flow & choreo [1/3] - Tine
	19u00 - 20u15	back to pole after GF [O] - Tine	pole intro - Tim	pole deep [A] - Tine				
	20u30 - 21u45		pole deep [B] - Julie	pretty shapes [B/I] - Sophie	pole deep [I] - Sophie			

week 7								
zaal	uur	maandag 05/08	dinsdag 06/08	woensdag 07/08	donderdag 08/08	vrijdag 09/08	zaterdag 10/08	zondag 11/08
X	17u30 - 18u45						FOTOSHOOT - Kiliën	
	19u00 - 20u15			spinny pole [B] - Sophie	exotic pole intro - Chanel			
	20u30 - 21u45							
XX	17u30 - 18u45			power flex - Tine				
	19u00 - 20u15	power flex - Tine	handstand intro - Gaelle					
	20u30 - 21u45	flying [B/I] - Tine	handstand [I/A] - Gaelle					
XXX	10u30 - 11u45						INT sh mnt [I] 3/6 - Tine	INT invert [B] 2/6 - Tine
	12u00 - 13u15							flow & choreo [2/3] - Tine
	19u00 - 20u15	pole deep [I] - Stef		pole deep [A] - Tine				
	20u30 - 21u45	pole deep [I/A] - Stef	pole deep [B] - Julie	pole intro - Nele	pole deep [I] - Sophie			

week 8								
zaal	uur	maandag 12/08	dinsdag 13/08	woensdag 14/08	donderdag 15/08	vrijdag 16/08	zaterdag 17/08	zondag 18/08
X	17u30 - 18u45							exotic basework [I/A] - Chanel
	19u00 - 20u15				exotic choreo [1/3] - Chanel			
	20u30 - 21u45							
XX	17u30 - 18u45			power flex - Tine				
	19u00 - 20u15	power flex - Tine	handstand [B/I] - Gaelle					
	20u30 - 21u45	flying [I/A] - Tine	handstand [I/A] - Gaelle		hangmat power - Bieke			
XXX	10u30 - 11u45						INT ayesha's [A] 4/6 - Tine	INT invert [B] 3/6 - Tine
	12u00 - 13u15							flow & choreo [3/3] - Tine
	19u00 - 20u15	pole deep [I] - Stef		pole deep [A] - Tine	pole deep [B] - Bieke			
	20u30 - 21u45	pole deep [I/A] - Stef	pole deep [B] - Julie	pole basics [B] - Ciska	pole deep [I] - Sophie			

week 9								
zaal	uur	maandag 19/08	dinsdag 20/08	woensdag 21/08	donderdag 22/08	vrijdag 23/08	zaterdag 24/08	zondag 25/08
X	17u30 - 18u45	ondersteboven stage	ondersteboven stage	ondersteboven stage	ondersteboven stage	ondersteboven stage		how to fotoshoot - Tine
	19u00 - 20u15	spinning [I] - Jana		low flow [O] - Sophie	exotic choreo [2/3] - Chanel			
	20u30 - 21u45		pretty shapes [B/I] - Bieke					
XX	17u30 - 18u45						10u30 - 11u30	
	19u00 - 20u15		HS special inversions - Gaelle				ouder*baby - Laura	
	20u30 - 21u45				hangmat yoga - Laura			
XXX	10u30 - 11u45						INT sh mnt [I] 4/6 - Tine	INT invert [B] 4/6 - Tine
	12u00 - 13u15						flying intro - Tine	flow & choreo [1/3] - Tine
	19u00 - 20u15		pole & twerk choreo - Bieke	pole intro - Nele	pole deep [B] - Julie			
	20u30 - 21u45	pole deep [I/A] - Jana	pole deep [B] - Gaelle	pole basics [B] - Ciska				

week 10								
zaal	uur	maandag 26/08	dinsdag 27/08	woensdag 28/08	donderdag 29/08	vrijdag 30/08	zaterdag 31/08	zondag 01/09
X	17u30 - 18u45	hangkamp	hangkamp	hangkamp	hangkamp	hangkamp		FOTOSHOOT - Kiliën
	19u00 - 20u15	pretty shapes [I/A] - Jana			exotic choreo [3/3] - Chanel			exo spin choreo [1/3] - Chanel
	20u30 - 21u45							
XX	17u30 - 18u45							
	19u00 - 20u15		HS special shapes [O] - Gaelle					
	20u30 - 21u45				hangmat yoga - Laura			
XXX	10u30 - 11u45						INT ayesha's [A] 5/6 - Tine	INT invert [B] 5/6 - Tine
	12u00 - 13u15						14u00 - 15u15	flow & choreo [2/3] - Tine
	19u00 - 20u15				pole deep - Julie [B]		ouder*kind paal - Tine	
	20u30 - 21u45	pole deep [I/A] - Jana	pole deep [B] - Gaelle	pole basics - Ciska	pole deep [I] - Tine			

week 11								
zaal	uur	maandag 02/09	dinsdag 03/09	woensdag 04/09	donderdag 05/09	vrijdag 06/09	zaterdag 07/09	zondag 08/09
X	17u30 - 18u45							exo spin choreo [2/3] - Chanel
	19u00 - 20u15			Pretty shapes [I/A] - Nele	spinny pole [B/I] - Bieke			
	20u30 - 21u45							
XX	17u30 - 18u45							
	19u00 - 20u15	power flex - Tine	handstand intro - Gaelle					
	20u30 - 21u45		handstand [I/A] - Gaelle		hangmat power - Bieke			
XXX	10u30 - 11u45						INT sh mnt [I] 5/6 - Tine	INT invert [B] 6/6 - Tine
	12u00 - 13u15						flying [B/I] - Tine	flow & choreo [3/3] - Tine
	19u00 - 20u15	pole deep [I] - Jana		pole intro - Sophie				
	20u30 - 21u45	pole deep [I/A] - Tine	pole deep [B] - Masha	pole basics [B] - Ciska				

