

Sportkalender Reflexx°

Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag
		Full body workout 08:30-09:30	Oefentherapie 65+ 09:00-10:00	Yoga 08:45-09:45
	Start to move postnataal 10:15-11:15			Move-up Adults 10:30-11:30
	Move-up Adults 17:00-18:00			
	Move up Teens 18:00-19:00		Move-up Teens 17:30-18:30	
Yoga 18:45-19:45	Full body workout 19:00-20:00	Meditatie 19:30-20:30	Full body workout 18:30-19:30	
Yoga 20:00-21:00	Full body workout 20:00-21:00			

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