

Summer indoor classes Mounier (Sundays 10.00 – 11.00, hall P3)

04/07	11/07	18/07	25/07	01/08	08/08	15/08	22/08	29/08
Yvonne (Medium)	Magda (Dance Ex- plode)	Lene (Coreflex)	Mira (Medium Pulse)	Senta (Basic)	Lene (Core)	Lene (Coreflex)	Senta (Modus)	Magda (Medium)

Summer indoor classes Maalbeek (Mondays 19.00 – 20.00 & Saturdays 11.00 – 12.00)

02/08 19.00-20.00	07/08 11.00-12.00	09/08 19.00-20.00	14/08 11.00-12.00	16/08 19.00-20.00	21/08 11.00-12.00	30/08 19.00-20.00
Senta (Modus)	Daniela (Basic)	Senta (Modus)	Lene (Station 55)	Senta (Basic)	Nolwenn (Medium)	Mónica (Dance Fusion)

LISA continues to offer **YOGA** (virtual session) every [Monday@8.00](#) a.m. during JULY/AUGUST

Summer park sessions 50aire (Royal Military) (weekdays 19.00 – 20.00 & Sundays 11.00 – 12.00)

JULY

Instructor	01/07 (Thu)	04/07 (Sunday)	05/07 (Mon)	06/07 (Tue)	07/07 (Wed)	08/07 (Thu)	11/07 (Sunday)	12/07 (Mon)	13/07 (Tue)	14/07 (Wed)	15/07 (Thu)	18/07 (Sunday)	19/07 (Mon)	20/07 (Tue)	22/7 (Thu)	26/07 (Mon)	27/07 (Tue)	29/07 (Thu)
Magda	Medium										Dance Explode							
Tarja		Utefys							Utefys			Utefys						
Mira			Pulse Medium					Pulse Medium					Pulse Medium					
Yvonne				Medium													Medium	Medium
Fleur					Medium									Medium				
Lisa						Yoga												
Nolwenn							Medium											
Lies										Utefys					Utefys	Utefys		

AUGUST

Instructor	04/08 (Thu)	18/08 (Wed)	26/08 (Thu)	29/08 (Sunday)	30/08 (Mon)	31/08 (Tue)
Daniela	Basic					
Nolwenn				Medium		Medium
Lies		Utefys				
Magda			Dance Explode			
Tarja					Utefys	

