
























































Meet with inspiration.

DOLCE

HOTELS AND RESORTS™
LA HULPE BRUSSELS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 11:30	Aqua Gym  	Flexi Move & Yoga  	Pilates Fit Ball  	Aqua Gym  	Body Power  
12:30 - 13:30	Body Shape 	Body Power  	Spinning  	Step 'n Move  	Body Shape   
18:15 - 19:15	FAC 	Zumba  	Body Shape   	Body Power  	Spinning  
19:15 - 20:15	Step 'n Move  	Flexi Move & Yoga   	Body Power  	Spinning  	Step 'n Move  
20:15 - 21:15	Mind and Body 	Spinning  	Flexi Move & Yoga   	Body Boxing  	Pilates  

 weight loss  well-being  body building  cardio