

MA, 16 JUN	DI, 17 JUN	WO, 18 JUN	DO, 19 JUN	VR, 20 JUN	ZA, 21 JUN	ZO, 22 JUN
08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:00 Animal Flow Group Classes Studio Jims Porte de Namur	08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:15 Yoga Group Classes Studio Nathalie Husquinet	08:00 - 09:00 Crosstraining Performance Cube Antoni Mammarella	11:30 - 12:30 Yoga Group Classes Studio Floriana Palmieri	10:30 - 11:30 HIIT Stamina Performance Cube Laurent Bouvry
12:15 - 13:00 Free Ride Cycling Cube Bernard Passchier	12:15 - 13:00 HIIT Agility Performance Cube Aurelie Tuli	12:15 - 13:15 HYROX Performance Cube Jims Porte de Namur	17:00 - 18:00 Crosstraining Functional Zone Antoni Mammarella	12:30 - 13:30 Cardio Ride Cycling Cube Bernard Passchier	12:30 - 13:30 Les Mills Bodyattack™ Group Classes Studio Cristina Barga	11:30 - 12:30 Cardio Ride Cycling Cube Vanda cristina Serralheiro custodio
12:15 - 13:00 HIIT Power Cross Cube Aurelie Tuli	13:00 - 14:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:00 Sculpt Group Classes Studio Simone Lima	17:30 - 18:30 HYROX Performance Cube David Todero	13:00 - 14:00 Women's Strength Training (SGT) Fitness Floor Jims Porte de Namur	12:30 - 13:30 Strength Ride Cycling Cube Bernard Passchier	14:30 - 15:30 TAF Group Classes Studio Ugo Chimah
12:15 - 13:00 TAF Group Classes Studio Simone Lima	13:00 - 13:45 Yoga Group Classes Studio Laura Mann	13:15 - 14:00 Flow Group Classes Studio Jims Porte de Namur	17:30 - 18:30 Sculpt Group Classes Studio Simone Lima	17:30 - 18:30 HIIT Speed Performance Cube Aurelie Tuli	15:30 - 16:30 Total Body Conditioning Group Classes Studio Antoni Mammarella	
13:00 - 13:45 Pilates Group Classes Studio Rafik Abdulrah	13:00 - 13:45 Yoga Group Classes Studio Jims Porte de Namur	17:30 - 18:30 HIIT Power Performance Cube Maria gioia Gowar	18:30 - 19:30 HIIT Power Performance Cube Aurelie Tuli	17:30 - 18:30 Les Mills Bodyattack™ Group Classes Studio Kandi Tshimuanga	15:45 - 16:30 Total Body Conditioning Group Classes Studio Antoni Mammarella	
17:00 - 18:00 Start To Workout (SGT) Fitness Floor Adèle Slachmuylders	17:30 - 18:30 Healthy Back (SGT) Group Classes Studio Antoni Mammarella	17:30 - 18:30 Yoga Group Classes Studio Kenia Bento dos reis	18:30 - 19:30 Interval ride Cycling Cube Bernard Passchier	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Kandi Tshimuanga		
17:30 - 18:30 HIIT Stamina Performance Cube Maria gioia Gowar	18:30 - 19:30 HIIT Power Performance Cube Maria gioia Gowar	18:30 - 19:30 Free Ride Cycling Cube Vanda cristina Serralheiro custodio	18:30 - 19:30 Les Mills Bodycombat™ Group Classes Studio Mitchel Terhoeven	19:30 - 20:30 Zumba® Group Classes Studio Aurelie Tuli		
17:30 - 18:30 Les Mills Bodypump™ Group Classes Studio Antoine Tack	18:30 - 19:30 Interval ride Cycling Cube Rafik Abdulrah	18:30 - 19:30 HIIT Speed Aurelie Tuli	20:30 - 21:30 Les Mills Bodypump™ Group Classes Studio Mitchel Terhoeven			
18:15 - 19:00 Mobility (SGT) Functional Zone Dieph-standle Eliassant	18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Deborah Noel	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Laurent Bouvry				
18:30 - 19:30 Cardio Ride Cycling Cube Jims Porte de Namur	19:30 - 20:30 Core Group Classes Studio Ugo Chimah	19:30 - 20:30 Les Mills Bodycombat™ Group Classes Studio Laurent Bouvry				
18:30 - 19:30 Yoga Group Classes Studio Maria Kenesei						
19:30 - 20:30 Zumba® Group Classes Studio Maria gioia Gowar						

MA, 23 JUN	DI, 24 JUN	WO, 25 JUN	DO, 26 JUN	VR, 27 JUN	ZA, 28 JUN	ZO, 29 JUN
08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:00 Animal Flow Group Classes Studio Jims Porte de Namur	08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:15 Yoga Group Classes Studio Nathalie Husquinnet	08:00 - 09:00 Crosstraining Performance Cube Antoni Mammarella	11:30 - 12:30 Yoga Group Classes Studio Floriana Palmieri	10:30 - 11:30 HIIT Stamina Performance Cube Laurent Bouvry
12:15 - 13:00 Free Ride Cycling Cube Bernard Passchier	12:15 - 13:00 HIIT Agility Performance Cube Aurelie Tuli	12:15 - 13:15 HYROX Performance Cube Jims Porte de Namur	17:00 - 18:00 Crosstraining Functional Zone Antoni Mammarella	12:30 - 13:30 Cardio Ride Cycling Cube Stephane Albi	12:30 - 13:30 Les Mills Bodyattack™ Group Classes Studio Cristina Bargna	11:30 - 12:30 Cardio Ride Cycling Cube Vanda cristina Serralheiro custodio
12:15 - 13:00 HIIT Power Cross Cube Aurelie Tuli	13:00 - 14:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:00 Sculpt Group Classes Studio Simone Lima	17:30 - 18:30 HYROX Performance Cube David Todero	13:00 - 14:00 Women's Strength Training (SGT) Fitness Floor Jims Porte de Namur	12:30 - 13:30 Strength Ride Cycling Cube Lars Ritter	14:30 - 15:30 TAF Group Classes Studio Ugo Chimah
12:15 - 13:00 TAF Group Classes Studio Simone Lima	13:00 - 13:45 Yoga Group Classes Studio Jims Porte de Namur	13:15 - 14:00 Flow Group Classes Studio Jims Porte de Namur	17:30 - 18:30 Sculpt Group Classes Studio Simone Lima	17:30 - 18:30 HIIT Speed Performance Cube Laurent Bouvry	15:30 - 16:30 Total Body Conditioning Group Classes Studio Antoni Mammarella	
13:00 - 13:45 Pilates Group Classes Studio Rafik Abdulrah	17:30 - 18:30 Healthy Back (SGT) Group Classes Studio Antoni Mammarella	17:30 - 18:30 HIIT Power Performance Cube Maria gioia Gowar	18:30 - 19:30 HIIT Power Performance Cube Aurelie Tuli	17:30 - 18:30 Les Mills Bodyattack™ Group Classes Studio Kandi Tshimuanga	15:45 - 16:30 Total Body Conditioning Group Classes Studio Antoni Mammarella	
17:30 - 18:30 HIIT Stamina Performance Cube Maria gioia Gowar	18:30 - 19:30 HIIT Power Performance Cube Maria gioia Gowar	17:30 - 18:30 Yoga Group Classes Studio Kenia Bento dos reis	18:30 - 19:30 Interval ride Cycling Cube Lars Ritter	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Kandi Tshimuanga		
17:30 - 18:30 Les Mills Bodypump™ Group Classes Studio Antoine Tack	18:30 - 19:30 Interval ride Cycling Cube Rafik Abdulrah	18:15 - 19:15 Start To Workout (SGT) Fitness Floor Alice Courtois	18:30 - 19:30 Les Mills Bodycombat™ Group Classes Studio Mitchel Terhoeven			
18:15 - 19:00 Mobility (SGT) Functional Zone Dieph-standle Eliassant	18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Deborah Noel	18:30 - 19:30 Free Ride Cycling Cube Vanda cristina Serralheiro custodio	19:30 - 20:30 Zumba® Group Classes Studio Aurelie Tuli			
18:30 - 19:30 Cardio Ride Cycling Cube Stephane Albi	19:30 - 20:30 Core Group Classes Studio Ugo Chimah	18:30 - 19:30 HIIT Speed Aurelie Tuli	20:30 - 21:30 Les Mills Bodypump™ Group Classes Studio Mitchel Terhoeven			
18:30 - 19:30 Yoga Group Classes Studio Maria Kenesei		18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Laurent Bouvry				
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