

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--|--|--|--|---|--|--|
| <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Ilyes Sliti</p> | <p>18:00 - 18:45 Strength For Women (SGT) Functional Zone Merlijn Vanden Bogaerde</p> | <p>18:00 - 19:00 Go Functional (SGT) Fitness Floor Ilyes Sliti</p> | <p>18:00 - 19:00 Muay Thai Boxing Cube Krien Delporte</p> | <p>18:30 - 19:30 HIIT Boxing Cube Krien Delporte</p> | <p>10:00 - 11:00 HIIT Yorick Vermeulen</p> | <p>10:00 - 11:00 Pilates Body & Mind Cube Sam Dewilde</p> |
| <p>19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Lander Vanden Broucke</p> | <p>19:00 - 20:00 BBB Group Classes Studio Eva Simons</p> | <p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Lander Vanden Broucke</p> | <p>18:45 - 19:45 Moving Mom (SGT) Functional Zone Merlijn Vanden Bogaerde</p> | | <p>10:00 - 11:00 Indoor Cycling Group Classes Studio Ruth Bourgeois</p> | <p>11:00 - 12:00 Total Body Conditioning Boxing Cube Yorick Vermeulen</p> |
| <p>19:00 - 20:00 Muay Thai Boxing Cube Krien Delporte</p> | <p>20:00 - 21:00 BOXING CUBE (BE) Boxing Cube Thibo Hellebuyck</p> | <p>18:00 - 18:50 Pilates Body & Mind Cube Feli Meurisse</p> | <p>19:00 - 20:00 Core Boxing Cube Krien Delporte</p> | | <p>11:00 - 12:00 Get stronger Functional Zone Dolindsya Filez</p> | |
| <p>20:00 - 21:00 Total Body Conditioning Yorick Vermeulen</p> | | <p>19:00 - 20:00 GO HYBRID SGT(BE) Functional Zone Ilyes Sliti</p> | <p>19:00 - 20:00 Pilates Body & Mind Cube Ruth Bourgeois</p> | | <p>11:00 - 12:00 Power Group Classes Studio Ruth Bourgeois</p> | |
| | | <p>19:00 - 19:50 Pilates Body & Mind Cube Feli Meurisse</p> | <p>20:00 - 21:00 BOXING CUBE (BE) Boxing Cube Thibo Hellebuyck</p> | | <p>11:30 - 12:30 Muay Thai Boxing Cube Krien Delporte</p> | |
| | | <p>19:00 - 20:00 Power Group Classes Studio Ruth Bourgeois</p> | <p>20:00 - 21:00 Dance Body & Mind Cube Magicline Magicline</p> | | | |
| | | <p>19:30 - 21:00 Kickboxing Boxing Cube Frederick Derijcke</p> | | | | |
| | | <p>20:00 - 21:00 BBB Group Classes Studio Ruth Bourgeois</p> | | | | |

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| <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Ilyes Sliti</p> | <p>17:00 - 18:00 GO HYBRID SGT(BE) Functional Zone Ilyes Sliti</p> | <p>18:00 - 19:00 Go Functional (SGT) Fitness Floor Ilyes Sliti</p> | <p>19:00 - 20:00 Pilates Body & Mind Cube Ruth Bourgeois</p> | <p>18:30 - 19:30 HIIT Boxing Cube Krien Delporte</p> | <p>10:00 - 11:00 Indoor Cycling Group Classes Studio Ruth Bourgeois</p> | <p>10:00 - 11:00 Pilates Body & Mind Cube Sam Dewilde</p> |
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