

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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18:00 - 19:00
Start To Workout (SGT)
Functional Zone | Katrien Foncé

18:30 - 19:00
Mobility (SGT)
Functional Zone | Lotte Van Damme

18:00 - 19:00
Strength For Women (SGT)
| Lotte Van Damme

19:00 - 20:00
HIIT
Functional Zone | Alex Van Den Berghe

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
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18:00 - 19:00
Start To Workout (SGT)
Functional Zone | Rembert Van Den Haute

18:30 - 19:00
Mobility (SGT)
Functional Zone | Lotte Van Damme

18:00 - 19:00
Strength For Women (SGT)
| Lotte Van Damme

19:00 - 20:00
HIIT
Functional Zone | Katrien Fonceé