

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
07:30 - 08:30 <b>GO HYBRID SGT(BE)</b> Functional Zone   Timo Duc	18:30 - 19:30 <b>Strength For Women (SGT)</b> Functional Zone   Katrien Foncé		17:00 - 18:00 <b>Conditioning (SGT)</b> Functional Zone   Timo Duc		10:00 - 10:45 <b>Core</b> Functional Zone   Timo Duc	
12:30 - 13:00 <b>Strength Training (SGT)</b> Functional Zone   Katrien Foncé	19:45 - 20:05 <b>Core</b> Functional Zone   Katrien Foncé		18:00 - 19:00 <b>Start To Workout (SGT)</b> Timo Duc		13:30 - 14:30 <b>GO HYBRID SGT(BE)</b> Functional Zone   Timo Duc	
13:00 - 13:10 <b>Core</b> Functional Zone   Katrien Foncé						

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07:30 - 08:30 <b>GO HYBRID SGT(BE)</b> Functional Zone   Timo Duc	18:30 - 19:30 <b>Strength For Women (SGT)</b> Functional Zone   Katrien Foncé		17:00 - 18:00 <b>Conditioning (SGT)</b> Functional Zone   Timo Duc		10:00 - 10:45 <b>Core</b> Functional Zone   Timo Duc	11:00 - 12:00 <b>Start To Workout (SGT)</b> Functional Zone   Katrien Foncé
	19:45 - 20:05 <b>Core</b> Functional Zone   Katrien Foncé		18:00 - 19:00 <b>Start To Workout (SGT)</b> Timo Duc		13:30 - 14:30 <b>GO HYBRID SGT(BE)</b> Functional Zone   Timo Duc	