

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
07:30 - 08:30 GO HYBRID SGT(BE) Functional Zone Timo Duc	18:45 - 19:00 Core Functional Zone Katrien Foncé		13:00 - 14:00 Strength For Women (SGT) Fitness Floor Katrien Foncé			11:00 - 11:45 Start To Workout (SGT) Fitness Floor Katrien Foncé
18:30 - 19:10 Strength For Women (SGT) Fitness Floor Katrien Foncé	19:00 - 19:45 Strength For Women (SGT) Fitness Floor Katrien Foncé					

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18:30 - 19:10 Strength For Women (SGT) Fitness Floor Katrien Foncé	18:45 - 19:00 Core Functional Zone Katrien Foncé		13:00 - 14:00 Strength For Women (SGT) Fitness Floor Katrien Foncé		10:00 - 10:45 Core Functional Zone Timo Duc	11:00 - 11:45 Start To Workout (SGT) Fitness Floor Katrien Foncé
	19:00 - 19:45 Strength For Women (SGT) Fitness Floor Katrien Foncé		17:00 - 18:00 Start To Workout (SGT) Functional Zone Timo Duc		13:30 - 14:30 GO HYBRID SGT(BE) Functional Zone Timo Duc	
			18:00 - 19:00 Conditioning (SGT) Functional Zone Timo Duc			