

| LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|---|--|--|--|--|--|--|
| 09:30 - 10:30 Yoga Group Classes Studio Joke Verkeyn | 08:30 - 09:30 Les Mills Core™ Group Classes Studio monika Slomska | 09:15 - 10:15 Indoor Cycling Cycling Cube Luc Coopman | 09:30 - 10:30 BBB Group Classes Studio Faye Porteman | 08:30 - 09:30 Les Mills Bodypump™ Group Classes Studio monika Slomska | 09:00 - 10:00 Step Group Classes Studio | 09:30 - 10:30 Les Mills Bodypump™ Group Classes Studio monika Slomska |
| 10:30 - 11:30 Pilates Group Classes Studio Marianne Van Wulpen | 09:30 - 10:30 BBB Faye Porteman | 10:00 - 11:00 Zumba® Group Classes Studio Faye Porteman | 10:30 - 11:30 Yoga Group Classes Studio Joke Verkeyn | 09:30 - 10:30 INDOOR CYCLING CUBE (BE) Cycling Cube Kristel Mestdagh | 11:00 - 12:00 HIIT Fitness Floor Tommy Baes | 10:30 - 11:30 INDOOR CYCLING CUBE (BE) Cycling Cube Alain Declerck |
| 12:30 - 13:30 Moving Mom (SGT) Functional Zone Nina Dhelft | 18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio monika Slomska | 17:00 - 18:00 Pilates Group Classes Studio Katrien Dutry | 12:30 - 13:30 Moving Mom (SGT) Fitness Floor Nina Dhelft | 09:30 - 10:30 Les Mills Core™ Group Classes Studio monika Slomska | | 11:30 - 12:00 Mobility (SGT) Fitness Floor Viktor Boonen |
| 18:15 - 19:15 INDOOR CYCLING CUBE (BE) Cycling Cube Luc Coopman | 19:10 - 20:10 Healthy Back (SGT) Fitness Floor Quinten Borrizee | 18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio monika Slomska | 17:30 - 18:30 POP Pilates® Group Classes Studio Cromwell Cuvalay | 18:00 - 19:00 Les Mills Core™ Group Classes Studio monika Slomska | | |
| 18:30 - 19:30 Start To Workout (SGT) Fitness Floor Viktor Boonen | 19:30 - 20:30 INDOOR CYCLING CUBE (BE) Alain Declerck | 18:30 - 19:00 Mobility (SGT) Fitness Floor Viktor Boonen | 18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Cromwell Cuvalay | 19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio monika Slomska | | |
| 18:30 - 19:30 The circle Group Classes Studio Tommy Baes | 19:30 - 20:30 STRONG Nation® Group Classes Studio Joke Goossens | 19:30 - 20:30 Strength For Women (SGT) Quinten Borrizee | 19:30 - 20:30 INDOOR CYCLING CUBE (BE) Cycling Cube Bart Duyck | | | |
| 19:30 - 20:30 Bokwa Group Classes Studio Faye Porteman | 20:30 - 21:30 Booty Group Classes Studio Joke Goossens | | 19:30 - 20:30 STRONG Nation® Group Classes Studio Joke Goossens | | | |
| 19:30 - 20:30 Strength For Women (SGT) Viktor Boonen | | | 19:30 - 20:30 Strength Training (SGT) Fitness Floor Viktor Boonen | | | |
| 20:30 - 21:30 Zumba® Group Classes Studio Faye Porteman | | | 20:30 - 21:30 INDOOR CYCLING CUBE (BE) Cycling Cube Bart Duyck | | | |
| | | | 20:30 - 21:30 Jims Jump Group Classes Studio Joke Goossens | | | |

| LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|--|---|--|---|---|--|---|
| <p>10:30 - 11:30 Pilates Group Classes Studio Marianne Van Wulpen</p> | <p>08:30 - 09:30 Les Mills Core™ Group Classes Studio monika Slomska</p> | <p>09:15 - 10:15 Indoor Cycling Cycling Cube Luc Coopman</p> | <p>09:30 - 10:30 BBB Group Classes Studio Faye Porteman</p> | <p>09:30 - 10:30 INDOOR CYCLING CUBE (BE) Cycling Cube Peter Wille</p> | <p>09:00 - 10:00 Step Group Classes Studio</p> | <p>09:30 - 10:30 Les Mills Bodypump™ Group Classes Studio monika Slomska</p> |
| <p>12:30 - 13:30 Moving Mom (SGT) Functional Zone Nina Dhelft</p> | <p>09:30 - 10:30 BBB Faye Porteman</p> | <p>10:00 - 11:00 Zumba® Group Classes Studio Faye Porteman</p> | <p>10:30 - 11:30 Yoga Group Classes Studio</p> | | <p>10:30 - 11:30 INDOOR CYCLING CUBE (BE) Cycling Cube Kristel Mestdagh</p> | <p>10:30 - 11:30 INDOOR CYCLING CUBE (BE) Cycling Cube Alain Declerck</p> |
| <p>18:15 - 19:15 INDOOR CYCLING CUBE (BE) Cycling Cube Luc Coopman</p> | <p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio monika Slomska</p> | <p>17:00 - 18:00 Pilates Group Classes Studio Marianne Van Wulpen</p> | <p>12:30 - 13:30 Moving Mom (SGT) Fitness Floor Nina Dhelft</p> | | <p>11:00 - 12:00 HIIT Fitness Floor Tommy Baes</p> | <p>11:30 - 12:00 Mobility (SGT) Fitness Floor Viktor Boonen</p> |
| <p>18:30 - 19:30 Start To Workout (SGT) Fitness Floor Viktor Boonen</p> | <p>19:10 - 20:10 Healthy Back (SGT) Fitness Floor Quinten Borrizee</p> | <p>18:30 - 19:00 Mobility (SGT) Fitness Floor Viktor Boonen</p> | <p>17:30 - 18:30 POP Pilates® Group Classes Studio Cromwell Cuvalay</p> | | | |
| <p>18:30 - 19:30 The circle Group Classes Studio Tommy Baes</p> | <p>19:30 - 20:30 INDOOR CYCLING CUBE (BE) Alain Declerck</p> | <p>19:30 - 20:30 Strength For Women (SGT) Quinten Borrizee</p> | <p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Cromwell Cuvalay</p> | | | |
| <p>19:30 - 20:30 Bokwa Group Classes Studio Faye Porteman</p> | <p>19:30 - 20:30 STRONG Nation® Group Classes Studio Joke Goossens</p> | | <p>19:30 - 20:30 INDOOR CYCLING CUBE (BE) Cycling Cube Bart Duyck</p> | | | |
| <p>19:30 - 20:30 Strength For Women (SGT) Viktor Boonen</p> | <p>20:30 - 21:30 Booty Group Classes Studio Joke Goossens</p> | | <p>19:30 - 20:30 STRONG Nation® Group Classes Studio Joke Goossens</p> | | | |
| <p>20:30 - 21:30 Zumba® Group Classes Studio Faye Porteman</p> | | | <p>19:30 - 20:30 Strength Training (SGT) Fitness Floor Viktor Boonen</p> | | | |
| | | | <p>20:30 - 21:30 INDOOR CYCLING CUBE (BE) Cycling Cube Bart Duyck</p> | | | |
| | | | <p>20:30 - 21:30 Jims Jump Group Classes Studio Joke Goossens</p> | | | |