

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

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	08:10 - 09:10 Core Group Classes Studio Miguel Alejo Aguiso	09:30 - 10:30 BBB Group Classes Studio Faye Porteman	08:30 - 09:30 Les Mills Bodypump™ Group Classes Studio monika Slomska	09:10 - 10:10 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 Group Classes Studio Faye Porteman	09:15 - 10:15 INDOOR CYCLING CUBE (BE) Cycling Cube Luc Coopman	10:30 - 11:30 Yoga Group Classes Studio Joke Verkeyn	09:30 - 10:30 INDOOR CYCLING CUBE (BE) Cycling Cube Peter Wille	10:00 - 11:00 Strength Training (SGT) Fitness Floor Quinten Borrizee	10:30 - 11:30 INDOOR CYCLING CUBE (BE) Cycling Cube Alain Declerck
12:30 - 13:30 Moving Mom (SGT) Fitness Floor Nina Dhelft	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio monika Slomska	10:00 - 11:00 Zumba® Group Classes Studio Faye Porteman	12:30 - 13:30 Moving Mom (SGT) Fitness Floor Nina Dhelft	09:30 - 10:30 Les Mills Core™ Group Classes Studio monika Slomska	10:15 - 11:15 Cardio Boxing Group Classes Studio Miguel Alejo Aguiso	11:30 - 12:00 Mobility (SGT) Functional Zone Viktor Boonen
18:15 - 19:15 Indoor Cycling Cycling Cube Luc Coopman	19:10 - 20:10 Healthy Back (SGT) Fitness Floor Quinten Borrizee	17:00 - 18:00 Pilates Group Classes Studio Marianne Van Wulpen	17:30 - 18:30 POP Pilates® Group Classes Studio		11:00 - 12:00 HIIT Fitness Floor Tommy Baes	
18:30 - 19:30 Start To Workout (SGT) Fitness Floor Viktor Boonen	19:30 - 20:30 INDOOR CYCLING CUBE (BE) Alain Declerck	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio monika Slomska	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio			
18:30 - 19:30 The circle Group Classes Studio Tommy Baes	19:30 - 20:30 STRONG Nation® Group Classes Studio Joke Goossens	18:30 - 19:00 Mobility (SGT) Fitness Floor Viktor Boonen	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 Cardio Boxing Group Classes Studio Miguel Alejo Aguiso	19:30 - 20:30 STRONG Nation® Group Classes Studio Joke Goossens			
19:30 - 20:30 Strength For Women (SGT) Fitness Floor Viktor Boonen		19:30 - 20:30 Strength For Women (SGT) Fitness Floor Quinten Borrizee	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 Bootcamp Group Classes Studio Miguel Alejo Aguiso	20:30 - 21:30 INDOOR CYCLING CUBE (BE) Cycling Studio Bart Duyck			
			20:30 - 21:30 Jims Jump Group Classes Studio Joke Goossens			