

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>08:30 - 09:30 <b>Start To Workout (SGT)</b> Fitness Floor   Caitlin Zwertvaegher</p>	<p>09:30 - 10:30 <b>Core</b> Group Classes Studio   Heidi Bloes</p>	<p>18:00 - 19:00 <b>Strength Training (SGT)</b> Fitness Floor   Quentin Marey</p>	<p>09:00 - 10:00 <b>Healthy Back (SGT)</b> Fitness Floor   Quentin Marey</p>	<p>09:00 - 10:00 <b>INDOOR CYCLING CUBE (BE)</b> Cycling Cube   POLINA PAVLONA</p>	<p>09:30 - 10:30 <b>INDOOR CYCLING CUBE (BE)</b> Cycling Cube   Rudy Rycx</p>	<p>09:00 - 10:00 <b>INDOOR CYCLING CUBE (BE)</b> Cycling Cube   POLINA PAVLONA</p>
<p>10:00 - 11:00 <b>BBB</b> Group Classes Studio   Heidi Bloes</p>	<p>17:30 - 18:30 <b>Cardio Boxing</b> Boxing Cube   Vanessa Clement</p>	<p>18:30 - 19:30 <b>BBB</b> Group Classes Studio   Vanessa Clement</p>	<p>09:00 - 10:00 <b>Total Body Conditioning</b> Group Classes Studio   Heidi Bloes</p>	<p>18:00 - 18:30 <b>Mobility (SGT)</b> Quentin Marey</p>	<p>10:30 - 11:00 <b>Dance</b> Group Classes Studio   Vanessa Clement</p>	<p>09:00 - 10:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Lisa Piraux</p>
<p>12:00 - 12:30 <b>Mobility (SGT)</b> Functional Zone   Caitlin Zwertvaegher</p>	<p>18:30 - 19:30 <b>Healthy Back (SGT)</b> Fitness Floor   Quentin Marey</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Cube   POLINA PAVLONA</p>	<p>17:30 - 18:30 <b>HIIT Boxing</b> Boxing Cube   Sandra Jedrzejewska</p>	<p>18:30 - 19:30 <b>Burn</b> Group Classes Studio   Vanessa Clement</p>	<p>11:00 - 11:30 <b>Les Mills Pilates™</b> Group Classes Studio   Vanessa Clement</p>	<p>10:00 - 11:00 <b>Cardio Boxing</b> Boxing Cube   Vanessa Clement</p>
<p>18:00 - 19:00 <b>HIIT Boxing</b> Boxing Cube   Sandra Jedrzejewska</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Studio   Rudy Rycx</p>	<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jolan Allein, Caitlin Zwertvaegher</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Cube   Rudy Rycx</p>			<p>10:00 - 11:00 <b>Zumba®</b> Group Classes Studio   Mihaela David</p>
<p>18:30 - 19:30 <b>Dance</b> Group Classes Studio   Vanessa Clement</p>	<p>18:30 - 19:15 <b>Les Mills Pilates™</b> Group Classes Studio   Vanessa Clement</p>	<p>19:30 - 20:30 <b>Yoga</b> Group Classes Studio   Jade Hoornaert</p>	<p>18:30 - 19:30 <b>Strength For Women (SGT)</b> Fitness Floor   Caitlin Zwertvaegher</p>			<p>11:00 - 12:00 <b>Burn</b> Group Classes Studio   Vanessa Clement</p>
<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jolan Allein</p>	<p>19:30 - 20:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Vanessa Clement</p>		<p>19:30 - 20:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Lisa Piraux</p>			
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