

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

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