

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00 - 10:00 Pilates Group Classes Studio Nadejda Poleshyk	19:00 - 20:00 Start To Workout (SGT) Functional Zone Hannu Brits	09:00 - 10:00 Yoga Group Classes Studio Nadejda Poleshyk	18:00 - 19:00 Healthy Back (SGT) Functional Zone Anika Ukcarnaj	17:00 - 18:00 Strength Training (SGT) Fitness Floor Robin Brys	09:00 - 10:00 Boxing Group Classes Studio	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio
18:00 - 19:00 Go Functional (SGT) Functional Zone Hannu Brits	19:30 - 20:30 Boxing Boxing Cube Isy De Quint	18:00 - 19:00 Crosstraining Functional Zone Pia Duwaerts	19:00 - 20:00 BRN® Group Classes Studio Evi De herdt	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Evi De herdt	11:30 - 12:30 Yoga Group Classes Studio Nadejda Poleshyk	
18:30 - 19:30 Kick Boxing Cube Siham Yachou	20:00 - 21:00 GO HYBRID SGT(BE) Functional Zone Robin Brys	18:30 - 19:30 Kick Boxing Cube Siham Yachou	19:00 - 20:00 GO HYBRID SGT - TYRUN (BE) Functional Zone	19:30 - 20:30 Les Mills Bodycombat™ Group Classes Studio Evi De herdt		
18:30 - 19:30 Total Body Conditioning Group Classes Studio	20:30 - 21:30 Les Mills Bodypump™ Group Classes Studio	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Beatriz Ramirez	19:30 - 20:30 Boxing Boxing Cube Isy De Quint			
19:00 - 20:00 Crosstraining Functional Zone Pia Duwaerts		19:00 - 20:00 Strength Training (SGT) Fitness Floor Hannu Brits	20:00 - 21:00 Moving Mom (SGT) Functional Zone Senne Hendrickx			
19:30 - 20:30 BBB Group Classes Studio		19:30 - 20:30 Zumba® Group Classes Studio Beatriz Ramirez	20:00 - 21:00 Pilates Group Classes Studio Evi De herdt			
20:15 - 21:15 HIIT Boxing Boxing Cube Pia Duwaerts						

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<p>18:00 - 19:00 Go Functional (SGT) Functional Zone Hannu Brits</p>	<p>20:00 - 21:00 GO HYBRID SGT(BE) Functional Zone Robin Brys</p>	<p>18:30 - 19:30 Kick Boxing Cube Siham Yachou</p>			<p>11:30 - 12:30 Yoga Group Classes Studio Nadejda Poleshyk</p>	<p>10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio</p>
<p>18:30 - 19:30 Kick Boxing Cube Siham Yachou</p>	<p>20:30 - 21:30 Les Mills Bodypump™ Group Classes Studio</p>	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Beatriz Ramirez</p>				
<p>18:30 - 19:30 Total Body Conditioning Group Classes Studio</p>		<p>19:00 - 20:00 Strength Training (SGT) Fitness Floor Anika Ukcama</p>				
<p>19:30 - 20:30 BBB Group Classes Studio</p>		<p>19:30 - 20:30 Zumba® Group Classes Studio Beatriz Ramirez</p>				