

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
18:00 - 19:00 <b>Sculpt</b> Group Classes Studio   Emeni Bader	11:00 - 12:00 <b>Mobility (SGT)</b> Group Classes Studio   Michelle Elsen	18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Dylan Paul	10:00 - 11:00 <b>Pilates</b> Group Classes Studio   Gaetane Callens	10:00 - 11:00 <b>Les Mills Bodypump™</b> Group Classes Studio   An De Decker	10:00 - 11:00 <b>BBB</b> Group Classes Studio   Daisy Dejonghe	09:45 - 10:45 <b>Les Mills Bodypump™</b> Group Classes Studio   An De Decker
18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Dylan Paul	12:00 - 13:00 <b>Pilates</b> Group Classes Studio   Michelle Elsen	18:30 - 19:30 <b>Yoga</b> Group Classes Studio   Judith De Mulder	18:00 - 19:00 <b>Moving Mom (SGT)</b> Functional Zone   Dylan Paul	11:00 - 12:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   An De Decker	11:00 - 12:00 <b>Les Mills RPM™</b> Cycling Cube   Daisy Dejonghe	11:00 - 12:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   An De Decker
19:00 - 20:00 <b>BBB</b> Group Classes Studio   Emeni Bader	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman	19:00 - 20:00 <b>HYROX</b> Functional Zone   Jules De Jonghe	18:00 - 19:00 <b>Pilates</b> Elise Coeckelberghs	11:00 - 12:00 <b>Cardio Boxing</b> Group Classes Studio   Ronny De Groeve		11:00 - 12:00 <b>Strength For Women (SGT)</b> Functional Zone   Magicline Magicline
19:00 - 20:00 <b>INDOOR CYCLING CUBE (BE)</b> Cycling Cube   Hannah Vannut	18:00 - 19:00 <b>HYROX</b> Functional Zone   Yasin Karadag		19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman			12:00 - 13:00 <b>Callisthenics</b> Functional Zone   Niels Vermeiren
19:00 - 20:00 <b>Strength For Women (SGT)</b> Functional Zone   Yasin Karadag	18:15 - 19:15 <b>Zumba®</b> Group Classes Studio   Ilayda Yücel		19:00 - 20:00 <b>Callisthenics</b> Functional Zone   Yasin Karadag			
20:00 - 21:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Olivier Ockers	19:00 - 20:00 <b>Strength For Women (SGT)</b> Functional Zone   Niels Vermeiren		19:00 - 20:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   silina niils			
	19:15 - 20:15 <b>Pilates</b> Group Classes Studio   Laura Parmentier		20:00 - 21:00 <b>HYROX</b> Functional Zone   Dylan Paul			
	20:15 - 21:15 <b>Yoga</b> Group Classes Studio   Laura Parmentier		20:00 - 21:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Katleen De Temmerman			

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18:00 - 19:00 <b>Sculpt</b> Group Classes Studio   Emeni Bader	11:00 - 12:00 <b>Mobility (SGT)</b> Group Classes Studio   Michelle Elsen	18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Dylan Paul	10:00 - 11:00 <b>Pilates</b> Group Classes Studio   Gaetane Callens	18:00 - 19:00 <b>Animal Flow</b> Group Classes Studio   Yasin Karadag	10:00 - 11:00 <b>BBB</b> Group Classes Studio   Daisy Dejonghe	09:45 - 10:45 <b>Les Mills Bodypump™</b> Group Classes Studio   An De Decker
18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Dylan Paul	12:00 - 13:00 <b>Pilates</b> Group Classes Studio   Michelle Elsen	18:30 - 19:30 <b>Yoga</b> Group Classes Studio   Judith De Mulder	18:00 - 19:00 <b>Moving Mom (SGT)</b> Functional Zone   Dylan Paul	19:30 - 20:30 <b>Cardio Boxing</b> Group Classes Studio   Ronny De Groeve	11:00 - 12:00 <b>Les Mills RPM™</b> Cycling Cube   Daisy Dejonghe	11:00 - 12:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   An De Decker
19:00 - 20:00 <b>BBB</b> Group Classes Studio   Emeni Bader	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman	19:00 - 20:00 <b>HYROX</b> Functional Zone   Jules De Jonghe	18:00 - 19:00 <b>Pilates</b> Elise Coeckelberghs		12:00 - 13:00 <b>Strength Training (SGT)</b> Functional Zone   Niels Vermeiren	11:00 - 12:00 <b>Strength For Women (SGT)</b> Functional Zone   Magicline Magicline
19:00 - 20:00 <b>INDOOR CYCLING CUBE (BE)</b> Cycling Cube   Hannah Vannut	18:00 - 19:00 <b>HYROX</b> Functional Zone   Yasin Karadag	19:30 - 20:30 <b>Core</b> Group Classes Studio   Gaetane Callens	19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman			12:00 - 13:00 <b>Callisthenics</b> Functional Zone   Niels Vermeiren
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