

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

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18:00 - 19:00 Start To Workout (SGT) Functional Zone Dylan Paul	12:00 - 13:00 Pilates Group Classes Studio Michelle Elsen	18:30 - 19:30 Yoga Group Classes Studio Judith De Mulder	18:00 - 19:00 Moving Mom (SGT) Functional Zone Dylan Paul	19:30 - 20:30 Cardio Boxing Group Classes Studio Ronny De Groeve	11:00 - 12:00 Les Mills RPM™ Cycling Cube Daisy Dejonghe	10:00 - 11:00 HYROX Functional Zone Yasin Karadag
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20:00 - 21:00 Les Mills Bodyattack™ Group Classes Studio Olivier Ockers	20:15 - 21:15 Yoga Group Classes Studio Laura Parmentier		20:00 - 21:00 HYROX Functional Zone Dylan Paul			
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