

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Jims Gent De Sterre</p>	<p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Jims Gent De Sterre</p>	<p>12:30 - 13:00 <b>Total Body Conditioning</b> Jims Gent De Sterre</p>	<p>19:30 - 20:30 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Quinten Dhaemer Gripe</p>	<p>12:30 - 13:10 <b>GO HYBRID SGT(BE)</b> Functional Zone</p>	<p>10:00 - 10:30 <b>HIIT</b> Quinten Dhaemer Gripe</p>	
<p>20:00 - 20:45 <b>Core</b> Jims Gent De Sterre</p>	<p>19:15 - 20:00 <b>GO HYBRID SGT(BE)</b> Jims Gent De Sterre</p>	<p>17:00 - 17:30 <b>Mobility (SGT)</b> Jims Gent De Sterre</p>			<p>10:30 - 11:00 <b>Core</b> Quinten Dhaemer Gripe</p>	
		<p>18:00 - 19:00 <b>HIIT Boxing</b> Quinten Dhaemer Gripe</p>			<p>11:00 - 12:00 <b>HIIT Boxing</b> Quinten Dhaemer Gripe</p>	
		<p>19:00 - 19:30 <b>HIIT</b> Quinten Dhaemer Gripe</p>				
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		<p>18:00 - 18:45 <b>Move For Health (SGT)</b> Quinten Dhaemer Gripe</p>			<p>11:00 - 12:00 <b>HIIT Boxing</b> Quinten Dhaemer Gripe</p>	
		<p>19:00 - 20:00 <b>HIIT Boxing</b> Quinten Dhaemer Gripe</p>				
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