

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>18:00 - 19:00 Start To Workout (SGT) Functional Zone</p>	<p>18:00 - 19:00 Strength For Women (SGT) Functional Zone</p>	<p>12:30 - 13:00 Total Body Conditioning Functional Zone</p>	<p>19:30 - 20:30 LES MILLS STRENGTH DEVELOPMENT (BE) Functional Zone Quinten Dhaemer Gripe</p>	<p>12:30 - 13:10 GO HYBRID SGT(BE) Functional Zone</p>	<p>09:00 - 09:30 HIIT Functional Zone Quinten Dhaemer Gripe</p>	
<p>20:00 - 20:45 Core Functional Zone</p>	<p>19:15 - 20:00 GO HYBRID SGT(BE) Functional Zone</p>	<p>18:00 - 18:45 Move For Health (SGT) Functional Zone Quinten Dhaemer Gripe</p>			<p>09:30 - 10:00 Core Functional Zone Quinten Dhaemer Gripe</p>	
		<p>19:00 - 20:00 HIIT Boxing Boxing Cube Quinten Dhaemer Gripe</p>			<p>10:00 - 11:00 HIIT Boxing Boxing Cube Quinten Dhaemer Gripe</p>	
		<p>20:00 - 20:30 HIIT Functional Zone Quinten Dhaemer Gripe</p>				
		<p>20:30 - 21:00 Core Quinten Dhaemer Gripe</p>				

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