

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>10:00 - 10:30 Core Functional Zone Tarik Kaya</p>	<p>14:00 - 15:00 Strength For Women (SGT) Fitness Floor Ian Van de Veire</p>	<p>09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel</p>	<p>16:00 - 16:45 Move For Health (SGT) Fitness Floor Ian Van de Veire</p>	<p>10:00 - 10:30 Core Functional Zone Matthias Criel</p>		
<p>10:30 - 11:30 Hybrid X Functional Zone Tarik Kaya</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>	<p>10:00 - 10:30 Core Functional Zone Matthias Criel</p>	<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de Veire</p>	<p>10:30 - 11:00 Fitball Functional Zone Matthias Criel</p>		
<p>13:00 - 14:00 Start To Workout (SGT) Fitness Floor Ian Van de Veire</p>	<p>18:45 - 19:15 Fitball Functional Zone Matthias Criel</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Matthias Criel</p>	<p>18:45 - 19:15 CIRCL MOBILITY™ (BE) Functional Zone Merel Van Damme</p>	<p>11:00 - 11:30 Total Body Conditioning Functional Zone Matthias Criel</p>		
<p>17:00 - 18:00 Healthy Back (SGT) Fitness Floor Ferre Goossen</p>	<p>19:00 - 19:45 Conditioning (SGT) Fitness Floor Cindy Roels</p>	<p>14:00 - 14:45 Conditioning (SGT) Fitness Floor Cindy Roels</p>	<p>19:15 - 20:15 Yoga Functional Zone Merel Van Damme</p>			
<p>18:00 - 18:45 Conditioning (SGT) Fitness Floor Ian Van de Veire</p>	<p>19:15 - 20:15 Pilates Functional Zone Matthias Criel</p>	<p>18:00 - 18:45 Forever Fit (SGT) Fitness Floor Merel Van Damme</p>	<p>20:15 - 20:45 Sculpt Functional Zone Merel Van Damme</p>			
<p>18:45 - 19:15 Core Functional Zone Tarik Kaya</p>	<p>20:00 - 21:00 Strength For Women (SGT) Fitness Floor Ferre Goossen</p>	<p>19:00 - 19:30 Core Functional Zone Ferre Goossen</p>	<p>20:45 - 21:15 Core Functional Zone Merel Van Damme</p>			
<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Ian Van de Veire</p>	<p>20:15 - 21:15 BBB Functional Zone Matthias Criel</p>	<p>19:00 - 20:00 Strength For Women (SGT) Fitness Floor Merel Van Damme</p>				
<p>19:15 - 20:15 BBB Functional Zone Tarik Kaya</p>		<p>19:30 - 20:30 Power Functional Zone Ferre Goossen</p>				
<p>20:00 - 20:45 Forever Fit (SGT) Fitness Floor Ferre Goossen</p>		<p>20:30 - 21:00 Fitball Functional Zone Ferre Goossen</p>				
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