

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
07:30 - 08:30 Free Ride Cycling Cube Lars Ritter	12:15 - 13:00 Animal Flow Group Classes Studio Jims Porte de Namur	08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	08:00 - 09:00 HYROX Performance Cube David Todero	08:00 - 09:00 Crosstraining Performance Cube Antoni Mammarella	11:30 - 12:30 Yoga Group Classes Studio Floriana Palmieri	10:30 - 11:30 HIIT Stamina Performance Cube Laurent Bouvry
08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:00 Cardio Ride Cycling Cube Bernard Passchier	12:15 - 13:15 HYROX Performance Cube Jims Porte de Namur	12:15 - 13:00 Yoga Group Classes Studio Jims Porte de Namur	12:15 - 13:00 Pilates Group Classes Studio Kenia Bento dos reis	12:30 - 13:30 Les Mills Bodyattack™ Group Classes Studio Lester Monfils	11:30 - 12:30 Cardio Ride Cycling Cube Vanda cristina Serralheiro custodio
12:15 - 13:00 HIIT Power Performance Cube Aurelie Tuli	12:15 - 13:00 HYROX Power Performance Cube Jims Porte de Namur	12:15 - 13:00 Sculpt Group Classes Studio Simone Lima	13:00 - 14:00 HYROX Power Performance Cube Jims Porte de Namur	12:30 - 13:30 Cardio Ride Cycling Cube Stephane Albi	12:30 - 13:30 Strength Ride Cycling Cube Lars Ritter	13:30 - 14:30 Yoga Group Classes Studio Kenia Bento dos reis
12:15 - 13:00 TAF Group Classes Studio Simone Lima	13:00 - 14:00 Crosstraining Functional Zone Antoni Mammarella	13:00 - 13:45 Core Group Classes Studio Ugo Chimah	13:00 - 13:45 TAF Group Classes Studio Kenia Bento dos reis	13:00 - 13:45 Yoga Group Classes Studio Kenia Bento dos reis	14:00 - 15:00 Jims Jump Group Classes Studio Jims Porte de Namur	14:30 - 15:30 TAF Group Classes Studio Ugo Chimah
13:00 - 13:45 Pilates Group Classes Studio Rafik Abdulrah	13:00 - 13:45 Yoga Group Classes Studio Laura Mann	17:30 - 18:30 HIIT Power Performance Cube Maria gioia Gowar	17:00 - 18:00 Crosstraining Functional Zone Antoni Mammarella	17:30 - 18:30 HIIT Speed Performance Cube Aurelie Tuli	14:00 - 15:00 Squat Bench Deadlift (SGT) Performance Cube Fatima Elouafi	
17:30 - 18:30 HIIT Stamina Performance Cube Maria gioia Gowar	17:30 - 18:30 Healthy Back (SGT) Group Classes Studio Antoni Mammarella	17:30 - 18:30 Yoga Group Classes Studio Kenia Bento dos reis	17:30 - 18:30 HYROX Performance Cube David Todero	17:30 - 18:30 Les Mills Bodyattack™ Group Classes Studio Kandi Tshimuanga	15:45 - 16:30 Total Body Conditioning Group Classes Studio Antoni Mammarella	
17:30 - 18:30 Les Mills Bodypump™ Group Classes Studio Antoine Tack	17:30 - 18:15 Mobility (SGT) Performance Cube Alice Courtois	18:30 - 19:30 Free Ride Cycling Cube Vanda cristina Serralheiro custodio	17:30 - 18:30 Sculpt Group Classes Studio Simone Lima	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Kandi Tshimuanga		
18:30 - 19:30 Cardio Ride Cycling Cube Stephane Albi	18:30 - 19:30 HIIT Power Performance Cube Maria gioia Gowar	18:30 - 19:30 HIIT Speed Performance Cube Aurelie Tuli	18:30 - 19:30 HIIT Power Performance Cube Aurelie Tuli	18:30 - 19:30 Interval ride Cycling Cube Lars Ritter		
18:30 - 19:30 HYROX Cross Cube Maria gioia Gowar	18:30 - 19:30 Interval ride Cycling Cube Rafik Abdulrah	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Laurent Bouvry	18:30 - 19:30 Interval ride Cycling Cube Lars Ritter			
18:30 - 19:30 Yoga Group Classes Studio Maria Kenesei	18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Deborah Noel	19:30 - 20:30 Les Mills Bodycombat™ Group Classes Studio Laurent Bouvry	18:30 - 19:30 Les Mills Bodycombat™ Group Classes Studio Mitchel Terhoeven	19:30 - 20:30 Zumba® Group Classes Studio Aurelie Tuli		
19:30 - 20:30 Zumba® Group Classes Studio Maria gioia Gowar	19:30 - 20:30 Core Group Classes Studio Ugo Chimah		19:30 - 20:30 Zumba® Group Classes Studio Aurelie Tuli			
			20:30 - 21:30 Les Mills Bodypump™ Group Classes Studio Mitchel Terhoeven			

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12:15 - 13:00 TAF Group Classes Studio Simone Lima	12:15 - 13:15 Start To Workout (SGT) Functional Zone Dieph-Standle Eliassaint	13:00 - 13:45 Core Group Classes Studio Ugo Chimah	13:00 - 14:00 HYROX Power Performance Cube Jims Porte de Namur	13:00 - 14:00 Strength For Women (SGT) Fitness Floor Dieph-Standle Eliassaint	14:00 - 15:00 Jims Jump Group Classes Studio Jims Porte de Namur	14:30 - 15:30 TAF Group Classes Studio Ugo Chimah
13:00 - 13:45 Pilates Group Classes Studio Rafik Abdulrah	13:00 - 14:00 Crosstraining Functional Zone Antoni Mammarella	17:30 - 18:30 HIIT Power Performance Cube Maria gioia Gowar	13:00 - 13:45 TAF Group Classes Studio Kenia Bento dos reis	13:00 - 13:45 Yoga Group Classes Studio Kenia Bento dos reis	14:00 - 15:00 Squat Bench Deadlift (SGT) Performance Cube Fatima Elouafi	
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