

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
09:30 - 10:30 <b>Pilates</b> Benjamin Gesnot	10:30 - 11:30 <b>Pilates</b> Body & Mind Cube   Thierry Amirat	09:30 - 10:30 <b>Sculpt</b> Group Classes Studio   Benjamin Gesnot	10:30 - 11:30 <b>Pilates</b> Body & Mind Cube   Thierry Amirat	09:30 - 10:30 <b>Pilates</b> Body & Mind Cube   Benjamin Gesnot	10:00 - 11:00 <b>Crosstraining</b> Functional Zone   Elodie Mauquoi	11:00 - 12:00 <b>Les Mills Core™</b> Group Classes Studio   Thierry Amirat
12:30 - 13:30 <b>Yoga</b> Body & Mind Cube   Sylvianne Dekens	12:10 - 13:00 <b>Crosstraining</b> Functional Zone   Thierry Amirat	10:30 - 11:30 <b>Yin Yoga</b> Body & Mind Cube   Sylvianne Dekens	12:10 - 13:00 <b>Crosstraining</b> Functional Zone   Thierry Amirat	10:30 - 11:30 <b>Vinyasa Yoga</b> Body & Mind Cube   Sylvianne Dekens	10:00 - 11:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Babak Godazandeh	12:00 - 13:00 <b>Kick</b> Group Classes Studio   Rosa Chamochumbi
17:00 - 18:00 <b>Dance</b> Group Classes Studio   Vanessa Nellessen	18:00 - 19:00 <b>Hybrid X</b> Functional Zone   David Todero	11:45 - 12:45 <b>Icebath</b> Body & Mind Cube   Jims Jette	18:00 - 19:00 <b>Les Mills Core™</b> Group Classes Studio   Thierry Amirat	11:30 - 12:30 <b>Breathwork</b> Body & Mind Cube   Sylvianne Dekens	11:00 - 12:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Thierry Amirat	13:15 - 14:15 <b>Yoga</b> Body & Mind Cube   Praxe Moreno
18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Tom Kawende Dupya	18:00 - 19:00 <b>Sculpt</b> Elodie Mauquoi	17:00 - 18:30 <b>BODY &amp; MIND (BE)</b> Body & Mind Cube   Fabien Carion	18:30 - 19:30 <b>Hybrid X</b> Functional Zone   Elodie Mauquoi	17:00 - 18:00 <b>TAF</b> Group Classes Studio   David Todero	12:15 - 13:10 <b>Zumba®</b> Group Classes Studio   Vanessa Nellessen	
18:00 - 19:00 <b>Zumba®</b> Group Classes Studio   Vanessa Nellessen	18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Tom Kawende Dupya	17:00 - 18:00 <b>Core</b> Group Classes Studio   Thierry Amirat	19:00 - 20:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Thierry Amirat	18:00 - 19:00 <b>Crosstraining</b> Functional Zone   David Todero	13:15 - 14:15 <b>Pilates</b> Group Classes Studio   Thierry Amirat	
18:30 - 19:30 <b>Crosstraining</b> Functional Zone   Elodie Mauquoi	18:00 - 19:00 <b>Yin Yoga</b> Body & Mind Cube   Sylvianne Dekens	18:00 - 19:00 <b>Go Functional (SGT)</b> Fitness Floor   Tom Kawende Dupya		18:00 - 19:00 <b>Zumba®</b> Group Classes Studio   Jims Jette	14:15 - 15:15 <b>Pilates</b> Group Classes Studio   Thierry Amirat	
18:45 - 19:45 <b>Vinyasa Yoga</b> Body & Mind Cube   Sylvianne Dekens	19:00 - 19:45 <b>ABDO WOD (BE)</b> Body & Mind Cube   David Todero	18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Thierry Amirat				
19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Thierry Amirat	19:00 - 20:00 <b>Flow</b> Group Classes Studio   Elodie Mauquoi	18:30 - 19:30 <b>Crosstraining</b> Functional Zone   Elodie Mauquoi				
19:00 - 20:00 <b>Strength For Women (SGT)</b> Fitness Floor   Marie Martins	19:00 - 20:00 <b>Strength For Women (SGT)</b> Fitness Floor   Marie Martins	19:00 - 20:00 <b>Crosstraining</b> Group Classes Studio   Thierry Amirat				

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