

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>11:00 - 12:00 <b>Core</b> Group Classes Studio   David Todero</p>	<p>07:15 - 08:15 <b>Hybrid X</b> Functional Zone   David Todero</p>	<p>17:00 - 18:00 <b>Squat Bench Deadlift (SGT)</b> Functional Zone   Edouard Vanhamme</p>	<p>10:30 - 11:15 <b>ABDO WOD (BE)</b> Group Classes Studio   Rochdi Kassas</p>	<p>10:30 - 11:30 <b>TAF</b> David Todero</p>	<p>09:00 - 10:00 <b>COACH BY COLOR® Cycling (BE)</b> Cycling Studio   Gregory Pauquet</p>	<p>10:00 - 10:45 <b>ABDO WOD (BE)</b> Group Classes Studio   Jérémie Akwesi</p>
<p>12:00 - 13:00 <b>Weight Health (SGT)</b> Marie Lennertz</p>	<p>10:15 - 11:15 <b>TAF</b> David Todero</p>	<p>18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Julie Vanschuerbeek</p>	<p>12:15 - 13:15 <b>Yoga</b> Group Classes Studio   Brigitte Hellebuyck</p>	<p>12:00 - 13:00 <b>Core</b> Group Classes Studio   David Todero</p>	<p>09:00 - 10:00 <b>Cardio Boxing</b> Group Classes Studio   Kiki François</p>	<p>11:15 - 12:15 <b>Zumba®</b> Marleen Larivière Larivière</p>
<p>17:00 - 18:00 <b>Squat Bench Deadlift (SGT)</b> Functional Zone   Mario Magro</p>	<p>12:00 - 13:00 <b>Strength For Women (SGT)</b> Functional Zone   Marie Lennertz</p>	<p>18:30 - 19:30 <b>Weight Health (SGT)</b> Yassin Aydouni</p>	<p>13:00 - 14:00 <b>Go Functional (SGT)</b> Functional Zone   Marie Lennertz</p>	<p>18:00 - 19:00 <b>Sculpt</b> Group Classes Studio   Cécile Dekemper</p>	<p>10:00 - 11:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Julie Vanschuerbeek</p>	<p>12:30 - 13:30 <b>Callisthenics</b> Jérémie Akwesi</p>
<p>18:00 - 19:00 <b>COACH BY COLOR® Connect Cycling Cube (BE)</b> Cycling Cube   Gregory Pauquet</p>	<p>17:00 - 18:00 <b>Squat Bench Deadlift (SGT)</b> Functional Zone   Mario Magro</p>	<p>19:15 - 20:15 <b>Les Mills Bodyattack™</b> Group Classes Studio   Julie Vanschuerbeek</p>	<p>17:00 - 18:00 <b>Booty</b> Group Classes Studio   Marie Lennertz</p>	<p>19:15 - 20:15 <b>Pilates</b> Group Classes Studio   Cécile Dekemper</p>	<p>11:00 - 12:00 <b>Crosstraining</b> Functional Zone   Rochdi Kassas</p>	
<p>18:00 - 19:00 <b>TAF</b> David Todero</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Alain Nekkebroek</p>	<p>20:30 - 21:30 <b>Pilates</b> Group Classes Studio   Cécile Dekemper</p>	<p>18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Vanda cristina Serralheiro custodio</p>		<p>11:15 - 12:15 <b>Les Mills Bodyattack™</b> Group Classes Studio   Julie Vanschuerbeek</p>	
<p>18:00 - 19:00 <b>Weight Health (SGT)</b> Yassin Aydouni</p>	<p>18:30 - 19:30 <b>Start To Workout (SGT)</b> Functional Zone   Yassin Aydouni</p>		<p>18:00 - 19:00 <b>Callisthenics</b> Functional Zone   Jérémie Akwesi</p>			
<p>19:15 - 20:15 <b>Crosstraining</b> Functional Zone   David Todero</p>	<p>19:15 - 20:15 <b>Les Mills Bodypump™</b> Thierry Amirat</p>		<p>18:00 - 19:00 <b>Dance</b> Group Classes Studio   Alison Van den broeck</p>			
<p>19:15 - 20:15 <b>Yoga</b> Brigitte Hellebuyck</p>			<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Jérémie Akwesi</p>			
			<p>19:15 - 20:15 <b>Kick</b> Group Classes Studio   Rosa Chamochumbi</p>			

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