

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

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