

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
09:30 - 10:00 Core Functional Zone Olivier Brel	09:30 - 10:00 Core Functional Zone Olivier Brel	09:30 - 10:00 Core Functional Zone Olivier Brel	09:30 - 10:00 Core Functional Zone Olivier Brel	09:30 - 10:00 Core Functional Zone Olivier Brel	11:00 - 12:00 Les Mills Bodypump™ Group Classes Studio Laurence Verbeelen	11:00 - 12:00 BOXING CUBE (BE) Boxing Cube Kiki François
13:00 - 14:00 Strength For Women (SGT) Fitness Floor Olivier Brel	17:00 - 18:00 BOXING CUBE (BE) Hafed Houli	13:00 - 14:00 Start To Workout (SGT) Fitness Floor Olivier Brel	18:00 - 19:00 BOXING CUBE (BE) Boxing Cube Hafed Houli	18:00 - 19:00 BRN®	12:00 - 13:00 Les Mills Bodyattack™ Group Classes Studio Laurence Verbeelen	11:00 - 12:00 UBOUND® Group Classes Studio Marie-sophie Rousseau
17:00 - 18:00 Women Boxing Boxing Cube Hafed Houli	18:00 - 19:00 BOXING CUBE (BE) Boxing Cube Hafed Houli	18:00 - 19:00 Kickboxing Thomas ASVESTARIS	18:00 - 19:00 Crosstraining Group Classes Studio Said Bah	18:00 - 19:00 Kickboxing Boxing Cube		12:00 - 13:00 Crosstraining Functional Zone Laurence Verbeelen
18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Abdessamad Ghouti	18:00 - 19:00 TAF Group Classes Studio Said Bah	18:00 - 19:00 Squat Bench Deadlift (SGT) Said Bah	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Abdessamad Ghouti	19:00 - 20:00 Yoga Amandine Verraghenne		
18:00 - 19:00 Start To Workout (SGT) Fitness Floor Victor Zawadowski	19:00 - 20:00 BOXING CUBE (BE) Hafed Houli	19:00 - 20:00 HIIT Boxing Boxing Cube Thomas ASVESTARIS	19:00 - 20:00 BOXING CUBE (BE) Hafed Houli			
19:00 - 20:00 BOXING CUBE (BE) Boxing Cube Hafed Houli	19:00 - 20:00 Crosstraining Functional Zone Laurence Verbeelen	19:00 - 20:00 Healthy Back (SGT) Fitness Floor Victor Zawadowski	19:00 - 20:00 Conditioning (SGT) Functional Zone Thomas Van Boxmeer			
19:00 - 20:00 Go Functional (SGT) Fitness Floor Thomas Van Boxmeer	19:00 - 20:00 Mobility Group Classes Studio Victor Zawadowski	19:00 - 20:00 UBOUND® Group Classes Studio Ana Silveiro	19:00 - 20:00 Cuisses Abdos Fessiers (CAF) Abdessamad Ghouti			
19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Abdessamad Ghouti	20:00 - 21:00 BRN® Fitness Floor Laurence Verbeelen		20:00 - 21:00 Pilates Goffrey Menamamatia			
20:00 - 21:00 BOXING CUBE (BE) Boxing Cube Hafed Houli	20:00 - 21:00 Women Boxing Boxing Cube Hafed Houli					
20:00 - 21:00 Yoga Group Classes Studio Kenia Bento dos reis						

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