

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>10:00 - 10:30 <b>Core</b> Functional Zone   Jims Louise</p> <p>17:00 - 18:00 <b>Pilates</b> Jims Louise</p>	<p>10:00 - 10:30 <b>Forever Fit (SGT)</b> Functional Zone</p> <p>17:00 - 18:00 <b>Healthy Back (SGT)</b> Functional Zone   Emilie Granville</p>	<p>10:00 - 10:30 <b>Core</b> Fitness Floor   Jims Louise</p> <p>12:15 - 13:00 <b>TAF</b> Group Classes Studio   Kenia Bento dos reis</p>	<p>10:00 - 10:30 <b>Mobility (SGT)</b> Functional Zone   Jordan Poffe</p> <p>12:15 - 13:15 <b>Pilates</b> Francis Wabo</p>	<p>10:00 - 10:30 <b>Core</b> Fitness Floor   Jims Louise</p> <p>12:15 - 13:00 <b>Sculpt</b> Francis Wabo</p>	<p>10:00 - 11:00 <b>TAF</b> Group Classes Studio   Benjamin Bresseleers, Kenia Bento dos reis, Nancy Henry</p> <p>11:00 - 12:00 <b>Crosstraining</b> Functional Zone   Mohameth Diouf, Nancy Henry, Benjamin Bresseleers</p>	<p>10:00 - 11:00 <b>Boxing</b> Tshilo K, Jims Louise</p> <p>11:00 - 12:00 <b>HIIT</b> Jims Louise</p>
<p>17:00 - 18:00 <b>Squat Bench Deadlift (SGT)</b> Kevin Saint-Just</p>	<p>18:00 - 19:00 <b>Boxing</b> Functional Zone   Bryan Khanlou</p>	<p>17:00 - 18:00 <b>Weight Health (SGT)</b> Bryan Khanlou</p>	<p>18:00 - 19:00 <b>Healthy Back (SGT)</b> Functional Zone   Emilie Granville</p>	<p>18:00 - 19:00 <b>Les Mills Bodypump™</b> Nicole Van staen, Marie-sophie Rousseau, Yannick Gozo</p>	<p>12:00 - 13:00 <b>Les Mills Bodypump™</b> Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen</p>	<p>12:00 - 13:00 <b>Pilates</b> Group Classes Studio   Kenia Bento dos reis</p>
<p>18:00 - 19:00 <b>Pilates</b> Group Classes Studio   Kenia Bento dos reis</p>	<p>18:00 - 19:00 <b>TAF</b> Group Classes Studio   Benjamin Bresseleers, Kenia Bento dos reis, Nancy Henry</p>	<p>18:00 - 19:00 <b>Yoga</b> Floriana Palmieri, Kenia Bento dos reis, Emmanuelle Perrichon</p>	<p>18:00 - 19:00 <b>Sculpt</b> Tshilo K</p>	<p>19:00 - 20:00 <b>Jims Jump</b> Group Classes Studio   Marie-sophie Rousseau</p>	<p>13:00 - 14:00 <b>Yoga</b> Floriana Palmieri, Kenia Bento dos reis, Emmanuelle Perrichon</p>	
<p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Fitness Floor   Bryan Khanlou</p>	<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Mohameth Diouf, Nancy Henry, Benjamin Bresseleers</p>	<p>18:15 - 19:15 <b>BOXING FUNDAMENTALS (BE)</b> Bryan Khanlou</p>	<p>19:00 - 20:00 <b>Boxing</b> Jims Louise, Tshilo K</p>			
<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Mohameth Diouf, Nancy Henry, Benjamin Bresseleers</p>	<p>19:00 - 19:30 <b>Mobility (SGT)</b> Emilie Granville</p>	<p>19:00 - 20:00 <b>Hybrid X</b> Functional Zone</p>	<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Benjamin Bresseleers, Mohameth Diouf, Nancy Henry</p>			
<p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen</p>	<p>19:00 - 20:00 <b>Zumba®</b> Esmeralda Labye</p>	<p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Yannick Gozo, Nicole Van staen, Marie-sophie Rousseau</p>	<p>20:00 - 21:00 <b>Yoga</b> Floriana Palmieri, Karthik Krishnapura Venkateshan</p>			
<p>19:00 - 20:00 <b>Mobility (SGT)</b> Fitness Floor   Kevin Saint-Just</p>	<p>20:00 - 21:00 <b>Pilates</b> Group Classes Studio   Kenia Bento dos reis</p>	<p>20:00 - 20:45 <b>Step</b></p>				

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
10:00 - 10:30 <b>Core</b> Functional Zone   Jims Louise	10:00 - 10:30 <b>Forever Fit (SGT)</b> Functional Zone	10:00 - 10:30 <b>Core</b> Fitness Floor   Jims Louise	10:00 - 10:30 <b>Mobility (SGT)</b> Functional Zone   Jordan Poffe	10:00 - 10:30 <b>Core</b> Fitness Floor   Jims Louise	10:00 - 11:00 <b>TAF</b> Group Classes Studio   Benjamin Bresseleers, Kenia Bento dos reis, Nancy Henry	10:00 - 11:00 <b>Boxing</b> Jims Louise, Tshilo K
17:00 - 18:00 <b>Pilates</b> Jims Louise	17:00 - 18:00 <b>Healthy Back (SGT)</b> Functional Zone   Emilie Granville	12:15 - 13:00 <b>TAF</b> Group Classes Studio   Kenia Bento dos reis	12:15 - 13:15 <b>Pilates</b> Francis Wabo	12:15 - 13:00 <b>Sculpt</b> Francis Wabo	11:00 - 12:00 <b>Crosstraining</b> Functional Zone   Mohameth Diouf, Nancy Henry, Benjamin Bresseleers	11:00 - 12:00 <b>HIIT</b> Jims Louise
17:00 - 18:00 <b>Squat Bench Deadlift (SGT)</b> Kevin Saint-Just	18:00 - 19:00 <b>Boxing</b> Functional Zone   Bryan Khanlou	17:00 - 18:00 <b>Weight Health (SGT)</b> Bryan Khanlou	18:00 - 19:00 <b>Healthy Back (SGT)</b> Functional Zone   Emilie Granville	18:00 - 19:00 <b>Les Mills Bodypump™</b> Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen	12:00 - 13:00 <b>Les Mills Bodypump™</b> Nicole Van staen, Marie-sophie Rousseau, Yannick Gozo	12:00 - 13:00 <b>Pilates</b> Group Classes Studio   Kenia Bento dos reis
18:00 - 19:00 <b>Pilates</b> Group Classes Studio   Kenia Bento dos reis	18:00 - 19:00 <b>TAF</b> Group Classes Studio   Nancy Henry, Benjamin Bresseleers, Kenia Bento dos reis	18:00 - 19:00 <b>Yoga</b> Emmanuelle Perrichon, Floriana Palmieri, Kenia Bento dos reis	18:00 - 19:00 <b>Sculpt</b> Tshilo K	19:00 - 20:00 <b>Jims Jump</b> Group Classes Studio   Marie-sophie Rousseau	13:00 - 14:00 <b>Yoga</b> Emmanuelle Perrichon, Floriana Palmieri, Kenia Bento dos reis	
18:00 - 19:00 <b>Strength For Women (SGT)</b> Fitness Floor   Bryan Khanlou	19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Mohameth Diouf, Nancy Henry, Benjamin Bresseleers	18:15 - 19:15 <b>BOXING FUNDAMENTALS (BE)</b> Bryan Khanlou	19:00 - 20:00 <b>Boxing</b> Jims Louise, Tshilo K			
19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Mohameth Diouf, Nancy Henry, Benjamin Bresseleers	19:00 - 19:30 <b>Mobility (SGT)</b> Emilie Granville	19:00 - 20:00 <b>Hybrid X</b> Functional Zone	19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Mohameth Diouf, Nancy Henry, Benjamin Bresseleers			
19:00 - 20:00 <b>Les Mills Bodypump™</b> Nicole Van staen, Marie-sophie Rousseau, Yannick Gozo	19:00 - 20:00 <b>Zumba®</b> Esmeralda Labye	19:00 - 20:00 <b>Les Mills Bodypump™</b> Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen	20:00 - 21:00 <b>Yoga</b> Floriana Palmieri, Karthik Krishnapura Venkateshan			
19:00 - 20:00 <b>Mobility (SGT)</b> Fitness Floor   Kevin Saint-Just	20:00 - 21:00 <b>Pilates</b> Group Classes Studio   Kenia Bento dos reis	20:00 - 20:45 <b>Step</b>				