

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:00 - 09:00 Pilates Group Classes Studio Kenia Bento dos reis	10:00 - 10:30 Forever Fit (SGT) Functional Zone	10:00 - 10:30 Core Fitness Floor Jims Louise	10:00 - 10:30 Mobility (SGT) Functional Zone Jordan Poffe	10:00 - 10:30 Core Fitness Floor Jims Louise	09:30 - 10:30 RUNNING GX (BE) Outdoors Jims Louise	10:00 - 11:00 Boxing Tshilo K, Jims Louise
10:00 - 10:30 Core Functional Zone Jims Louise	12:15 - 13:00 Crosstraining Functional Zone Mimoun Harakat	12:15 - 13:00 TAF Group Classes Studio Kenia Bento dos reis	12:15 - 13:15 Pilates Francis Wabo	12:15 - 13:00 Sculpt Francis Wabo	10:00 - 11:00 TAF Group Classes Studio Nancy Henry, Benjamin Bresseleers, Kenia Bento dos reis	11:00 - 12:00 HIIT Jims Louise
17:00 - 18:00 Pilates Group Classes Studio Kenia Bento dos reis	18:00 - 19:00 Healthy Back (SGT) Functional Zone	18:00 - 19:00 Yoga Floriana Palmieri, Kenia Bento dos reis, Emmanuelle Perrichon	18:00 - 19:00 Healthy Back (SGT) Functional Zone Emilie Granville	18:00 - 19:00 Les Mills Bodypump™ Nicole Van staen, Marie-sophie Rousseau, Yannick Gozo	11:00 - 12:00 Crosstraining Functional Zone Mohameth Diouf, Nancy Henry, Benjamin Bresseleers	12:00 - 13:00 Pilates Group Classes Studio Kenia Bento dos reis
17:00 - 18:00 Squat Bench Deadlift (SGT) Kevin Saint-Just	18:00 - 19:00 TAF Group Classes Studio Nancy Henry, Benjamin Bresseleers, Kenia Bento dos reis	19:00 - 20:00 Hybrid X Functional Zone	18:00 - 19:00 Sculpt Tshilo K	19:00 - 20:00 Jims Jump Group Classes Studio Marie-sophie Rousseau	12:00 - 13:00 Les Mills Bodypump™ Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen	
18:00 - 19:00 Pilates Group Classes Studio Kenia Bento dos reis	19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf, Nancy Henry, Benjamin Bresseleers	19:00 - 20:00 Les Mills Bodypump™ Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen	19:00 - 20:00 Boxing Tshilo K, Jims Louise		13:00 - 14:00 Yoga Emmanuelle Perrichon, Floriana Palmieri, Kenia Bento dos reis	
18:00 - 19:00 Strength For Women (SGT) Fitness Floor Bryan Khanlou	19:00 - 20:00 Weight Health (SGT) Functional Zone Bryan Khanlou	20:00 - 20:45 Step	19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf, Nancy Henry, Benjamin Bresseleers			
19:00 - 20:00 Crosstraining Functional Zone Benjamin Bresseleers, Mohameth Diouf, Nancy Henry	19:00 - 20:00 Zumba® Esmeralda Labye		20:00 - 21:00 Yoga Karthik Krishnapura Venkateshan, Floriana Palmieri			
19:00 - 20:00 Les Mills Bodypump™ Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen	20:00 - 21:00 Pilates Group Classes Studio Kenia Bento dos reis					
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