

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:00 - 11:00 <b>Pilates</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:15 - 11:15 <b>Les Mills Bodypump™</b>	
11:00 - 12:00 <b>CIRCL MOBILITY™ (BE)</b>	11:00 - 12:00 <b>Yoga</b>	10:00 - 11:00 <b>Pilates</b>	11:00 - 12:00 <b>Pilates</b>	10:00 - 11:00 <b>Pilates</b>	11:15 - 12:15 <b>Pilates</b> Steeve De Schryver	
17:00 - 18:00 <b>Pilates</b>	17:00 - 18:00 <b>Crosstraining</b>	11:00 - 12:00 <b>Les Mills Dance</b>	12:00 - 13:00 <b>KIMAX®</b>	11:00 - 12:00 <b>Mobility</b>	11:30 - 12:30 <b>Crosstraining</b>	
18:00 - 19:00 <b>Les Mills Bodypump™</b>	17:00 - 18:00 <b>Zumba®</b>	17:00 - 18:00 <b>Cuisses Abdos Fessiers (CAF)</b>	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>	12:15 - 13:15 <b>COACH BY COLOR® Cycling Cube (BE)</b>	12:00 - 13:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube	
18:00 - 19:00 <b>Start To Workout (SGT)</b>	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>	18:00 - 19:00 <b>Burn</b> Louise Segers	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b>	18:00 - 19:00 <b>Step</b>	13:00 - 14:00 <b>KIMAX®</b>	
19:00 - 20:00 <b>Les Mills Bodybalance™</b>	18:00 - 19:00 <b>Strength For Women (SGT)</b>	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b>	18:00 - 19:00 <b>Step</b>			
19:00 - 20:00 <b>Les Mills Bodybalance™</b> Ludovic Babylas	19:00 - 20:00 <b>Start To Workout (SGT)</b>	20:00 - 21:00 <b>Zumba®</b>	19:00 - 20:00 <b>Les Mills Dance</b>			
19:00 - 20:00 <b>Strength For Women (SGT)</b>			19:00 - 20:00 <b>Suspension Training</b>			

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10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:00 - 11:00 <b>Pilates</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	12:00 - 13:00 <b>KIMAX®</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:15 - 11:15 <b>Les Mills Bodypump™</b>	
11:00 - 12:00 <b>CIRCL MOBILITY™ (BE)</b>	11:00 - 12:00 <b>Yoga</b>	10:00 - 11:00 <b>Pilates</b>	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b>	10:00 - 11:00 <b>Pilates</b>	11:15 - 12:15 <b>Pilates</b>	
17:00 - 18:00 <b>Pilates</b>	17:00 - 18:00 <b>Crosstraining</b>	17:00 - 18:00 <b>Cuisses Abdos Fessiers (CAF)</b> <small>Louise Segers</small>	18:00 - 19:00 <b>Step</b>	11:00 - 12:00 <b>Mobility</b>	11:30 - 12:30 <b>Crosstraining</b>	
18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>	17:00 - 18:00 <b>Zumba®</b>	18:00 - 19:00 <b>Burn</b> <small>Louise Segers</small>		12:15 - 13:15 <b>COACH BY COLOR® Cycling Cube (BE)</b>	12:00 - 13:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>	
18:00 - 19:00 <b>Les Mills Bodypump™</b>	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>	18:00 - 19:00 <b>Prepare for running (SGT)</b>		18:00 - 19:00 <b>Step</b>		
18:00 - 19:00 <b>Start To Workout (SGT)</b>	18:00 - 19:00 <b>Strength For Women (SGT)</b>	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b>				
19:00 - 20:00 <b>Les Mills Bodybalance™</b> <small>Ludovic Babylas</small>	19:00 - 20:00 <b>Start To Workout (SGT)</b>	20:00 - 21:00 <b>Zumba®</b>				
19:00 - 20:00 <b>Les Mills Bodybalance™</b>						
19:00 - 20:00 <b>Strength For Women (SGT)</b>						