

| LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|---|--|--|-------|--|---|----------|
| 10:00 - 11:00 Cuisses Abdos Fessiers (CAF) | 10:00 - 11:00 Pilates | 09:00 - 10:00 Cuisses Abdos Fessiers (CAF) | | 09:00 - 10:00 Cuisses Abdos Fessiers (CAF) | 10:15 - 11:15 Les Mills Bodypump™ | |
| 11:00 - 12:00 Mobility | 11:00 - 12:00 Yoga | 10:00 - 11:00 Pilates | | 10:00 - 11:00 Pilates | 11:15 - 12:15 Pilates | |
| 17:00 - 18:00 Pilates | 17:00 - 18:00 Crosstraining | 11:00 - 12:00 Les Mills Dance | | 11:00 - 12:00 Mobility | 11:30 - 12:30 Crosstraining | |
| 18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) | 17:00 - 18:00 Zumba® | 17:00 - 18:00 Cuisses Abdos Fessiers (CAF) | | 18:00 - 19:00 Step | 12:00 - 13:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube | |
| 18:00 - 19:00 Les Mills Bodypump™ | 18:00 - 19:00 Les Mills Dance | 18:00 - 19:00 Les Mills Bodypump™ | | | 12:15 - 13:00 Mobility | |
| 18:00 - 19:00 Start To Workout (SGT) | 18:00 - 19:00 Strength For Women (SGT) | 18:00 - 19:00 Squat Bench Deadlift (SGT) | | | 13:00 - 14:00 KIMAX® | |
| 19:00 - 20:00 Les Mills Bodybalance™ | 19:00 - 20:00 Start To Workout (SGT) | 20:00 - 21:00 Zumba® | | | | |
| 19:00 - 20:00 Strength For Women (SGT) | | | | | | |

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| 10:00 - 11:00 Cuisses Abdos Fessiers (CAF) | 10:00 - 11:00 Pilates | 09:00 - 10:00 Cuisses Abdos Fessiers (CAF) | 09:00 - 10:00 Mobility | 09:00 - 10:00 Cuisses Abdos Fessiers (CAF) | 11:15 - 12:15 Pilates | |
| 11:00 - 12:00 Mobility | 11:00 - 12:00 Yoga | 10:00 - 11:00 Pilates | 10:00 - 11:00 Cuisses Abdos Fessiers (CAF) | 10:00 - 11:00 Pilates | 11:30 - 12:30 Crosstraining | |
| 17:00 - 18:00 Pilates | 17:00 - 18:00 Crosstraining | 11:00 - 12:00 Les Mills Dance | 10:00 - 11:00 Pilates | 11:00 - 12:00 Mobility | 12:15 - 13:00 Mobility | |
| 18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) | 17:00 - 18:00 Zumba® | 17:00 - 18:00 Cuisses Abdos Fessiers (CAF) | 11:00 - 12:00 Cuisses Abdos Fessiers (CAF) | 18:00 - 19:00 Step | 13:00 - 14:00 KIMAX® | |
| 18:00 - 19:00 Les Mills Bodypump™ | 18:00 - 19:00 Les Mills Dance | 18:00 - 19:00 Les Mills Bodypump™ | 11:00 - 12:00 Pilates | | | |
| 18:00 - 19:00 Start To Workout (SGT) | 18:00 - 19:00 Strength For Women (SGT) | 18:00 - 19:00 Squat Bench Deadlift (SGT) | 12:00 - 13:00 KIMAX® | | | |
| 19:00 - 20:00 Les Mills Bodybalance™ | 19:00 - 20:00 Start To Workout (SGT) | 20:00 - 21:00 Zumba® | 17:00 - 18:00 Yoga | | | |
| 19:00 - 20:00 Strength For Women (SGT) | | | 18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) | | | |
| | | | 18:00 - 19:00 Step | | | |
| | | | 18:00 - 19:00 Weight Health (SGT) | | | |
| | | | 19:00 - 20:00 Les Mills Dance | | | |
| | | | 19:00 - 20:00 Squat Bench Deadlift (SGT) | | | |
| | | | 19:00 - 20:00 Suspension Training | | | |