

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>10:30 - 11:30 Pilates Group Classes Studio Dhavindra LATCHIMY</p>	<p>10:30 - 11:30 Yoga Group Classes Studio Gisou Chalmagne</p>	<p>09:30 - 10:30 Core Group Classes Studio Martina Nosekova</p>	<p>10:30 - 11:15 ABDO WOD (BE) Functional Zone Dhavindra LATCHIMY</p>	<p>10:30 - 11:30 Pilates Group Classes Studio Martina Nosekova</p>	<p>09:30 - 10:30 Yoga Group Classes Studio Kadija Mnakka</p>	<p>09:30 - 10:30 HIIT Group Classes Studio Herve Kongo iyoku regen</p>
<p>17:30 - 18:30 Strength For Women (SGT) Fitness Floor Elodie Balsat</p>	<p>11:30 - 12:30 STRETCHING Group Classes Studio Gisou Chalmagne</p>	<p>10:30 - 11:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Martina Nosekova</p>	<p>17:30 - 18:30 HIIT Group Classes Studio Jean-françois Wanty</p>	<p>17:30 - 18:30 Moving Mom (SGT) Fitness Floor Theo Senna</p>	<p>10:00 - 11:00 RUNNING GX (BE) Functional Zone Dhavindra LATCHIMY</p>	<p>10:30 - 11:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Herve Kongo iyoku regen</p>
<p>18:30 - 19:30 HIIT Group Classes Studio Jean-françois Wanty</p>	<p>17:30 - 18:30 Indoor Cycling Cycling Studio Florence Riche</p>	<p>17:30 - 18:30 Les Mills Bodypump™ Group Classes Studio Davide Graceffa</p>	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Jean-françois Wanty</p>	<p>18:00 - 19:00 Sculpt Group Classes Studio Angelique Meunier</p>	<p>10:30 - 11:30 Step Group Classes Studio Sonia Higginson</p>	
<p>18:30 - 19:30 Indoor Cycling Cycling Studio Nancy De muylder</p>	<p>17:30 - 18:30 Pilates Group Classes Studio Dhavindra LATCHIMY</p>	<p>18:30 - 19:30 Callisthenics Functional Zone Theo Senna</p>	<p>18:30 - 19:30 Mobility Functional Zone Theo Senna</p>	<p>18:30 - 19:15 Move For Health (SGT) Fitness Floor Theo Senna</p>	<p>11:30 - 12:30 Sculpt Group Classes Studio Sonia Higginson</p>	
<p>18:30 - 19:30 Start To Workout (SGT) Fitness Floor Elodie Balsat</p>	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Davide Graceffa</p>	<p>18:30 - 19:30 Les Mills Bodycombat™ Group Classes Studio Davide Graceffa</p>	<p>19:30 - 20:30 Crosstraining Functional Zone Theo Senna</p>	<p>19:00 - 20:00 Zumba® Vincent Deya</p>		
<p>19:30 - 20:30 REEJAM® Group Classes Studio Loredana Erba</p>	<p>18:30 - 19:30 Weight Health (SGT) Functional Zone Elodie Balsat</p>	<p>18:30 - 19:30 Strength Training (SGT) Functional Zone Elodie Balsat</p>	<p>19:30 - 20:30 Start To Workout (SGT) Fitness Floor Allan Cardon</p>			
	<p>19:30 - 20:30 Les Mills Bodycombat™ Group Classes Studio Davide Graceffa</p>	<p>19:30 - 20:15 Move For Health (SGT) Fitness Floor Elodie Balsat</p>				
	<p>19:30 - 20:30 Moving Mom (SGT) Fitness Floor Elodie Balsat</p>	<p>19:30 - 20:30 Power Functional Zone Theo Senna</p>				
	<p>19:30 - 20:30 Start To Workout (SGT) Fitness Floor Allan Cardon</p>	<p>19:30 - 20:30 Zumba® Group Classes Studio Keziah Vranckx</p>				

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