

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:30 - 11:30 Pilates Group Classes Studio Dhavindra LATCHIMY	10:30 - 11:30 Yoga Group Classes Studio Gisou Chalmagne	09:30 - 10:30 Core Group Classes Studio Martina Nosekova	10:30 - 11:15 ABDO WOD (BE) Functional Zone Dhavindra LATCHIMY	10:30 - 11:30 Pilates Group Classes Studio Martina Nosekova	09:30 - 10:30 Yoga Group Classes Studio Kadja Mnacka	09:30 - 10:30 HIIT Group Classes Studio Herve Kongo iyoku regen
17:30 - 18:30 Strength For Women (SGT) Fitness Floor Elodie Balsat	11:30 - 12:30 STRETCHING Group Classes Studio Gisou Chalmagne	10:30 - 11:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Martina Nosekova	17:30 - 18:30 HIIT Group Classes Studio Jean-françois Wanty	18:00 - 19:00 Sculpt Group Classes Studio Angeliq Meunier	10:00 - 11:00 RUNNING GX (BE) Functional Zone Dhavindra LATCHIMY	10:30 - 11:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Herve Kongo iyoku regen
18:30 - 19:30 HIIT Group Classes Studio Jean-françois Wanty	13:30 - 14:30 Moving Mom (SGT) Fitness Floor Theo Senna	17:30 - 18:30 Les Mills Bodypump ™ Group Classes Studio Davide Graceffa	18:30 - 19:30 Indoor Cycling Cycling Studio Massimo Ravicini	18:30 - 19:15 Move For Health (SGT) Fitness Floor Theo Senna	10:30 - 11:30 Step Group Classes Studio Sonia Higginson	
18:30 - 19:30 Indoor Cycling Cycling Studio Nancy De muylder	17:30 - 18:30 Pilates Group Classes Studio Dhavindra LATCHIMY	18:30 - 19:30 Callisthenics Functional Zone Theo Senna	18:30 - 19:30 Les Mills Bodypump ™ Group Classes Studio Jean-françois Wanty	19:00 - 20:00 Zumba® Vincent Deya	11:30 - 12:30 Indoor Cycling Cycling Studio Dhavindra LATCHIMY	
18:30 - 19:30 Move For Health (SGT) Fitness Floor Elodie Balsat, Allan Cardon	18:30 - 19:30 Les Mills Bodypump ™ Group Classes Studio Davide Graceffa	18:30 - 19:30 Indoor Cycling Cycling Studio Nancy De muylder	18:30 - 19:30 Mobility Functional Zone Theo Senna		11:30 - 12:30 Sculpt Group Classes Studio Sonia Higginson	
18:30 - 19:30 Start To Workout (SGT) Fitness Floor Elodie Balsat	18:30 - 19:30 Weight Health (SGT) Fitness Floor Elodie Balsat	18:30 - 19:30 Les Mills Bodycombat ™ Group Classes Studio Davide Graceffa	18:30 - 19:30 Moving Mom (SGT) Fitness Floor Elodie Balsat			
19:30 - 20:30 REEJAM® Group Classes Studio Loredana Erba	19:30 - 20:30 Les Mills Bodycombat ™ Group Classes Studio Davide Graceffa	18:30 - 19:30 Strength Training (SGT) Functional Zone Elodie Balsat	19:30 - 20:30 Crosstraining Functional Zone Theo Senna			
	19:30 - 20:30 Start To Workout (SGT) Fitness Floor Allan Cardon	19:30 - 20:30 Power Functional Zone Theo Senna	19:30 - 20:30 Start To Workout (SGT) Fitness Floor Allan Cardon			
		19:30 - 20:30 Zumba® Group Classes Studio Keziah Vranckx				

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