

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
18:00 - 19:00 BBB Group Classes Studio Sophie Morobé	11:30 - 12:30 Strength For Women (SGT) Functional Zone Felien Mestdagh	10:30 - 11:30 Sculpt Group Classes Studio Leslie Page	10:30 - 11:30 Yoga Group Classes Studio Leslie Page	10:00 - 11:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascale Roorda	10:00 - 11:00 BBB Group Classes Studio Faye Porteman	09:30 - 10:30 Kick Boxing Cube Ronny De Groeve
18:00 - 19:00 HIIT Boxing Boxing Cube Quinten Dhaemer Gripe	18:00 - 19:00 GO HYBRID SGT(BE) Functional Zone Bryan Larez	11:30 - 12:30 Pilates Group Classes Studio Leslie Page	11:30 - 12:30 Core Group Classes Studio Leslie Page		11:00 - 12:00 BOXING FLOW (BE) Boxing Cube Jordan Amir Malakouti	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Marc De Scheemaecker
18:00 - 19:00 Strength Training (SGT) Functional Zone Bryan Larez	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Elke Blansaer	17:30 - 18:30 Flow Group Classes Studio Annelies Bombeek	11:30 - 12:30 Strength Training (SGT) Functional Zone Bryan Larez		11:00 - 12:00 Zumba® Group Classes Studio Faye Porteman	10:30 - 11:30 BOXING CUBE (BE) Boxing Cube Ronny De Groeve
19:00 - 20:00 COACH BY COLOR® Connect Cycling Cube (BE) Cycling Cube Katleen De Temmerman	19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascale Roorda	18:00 - 19:00 Moving Mom (SGT) Functional Zone Kaija Heirman	18:00 - 19:00 HIIT Boxing Boxing Cube Quinten Dhaemer Gripe			11:00 - 12:00 Flow Group Classes Studio Marc De Scheemaecker
19:00 - 20:00 Go Functional (SGT) Functional Zone Thorwald Lambrecht	19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Elke Blansaer	18:30 - 19:30 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascal Rooms	18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Olivier Ockers			
19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Jims Gent Rooigem	19:00 - 20:00 Start To Workout (SGT) Functional Zone Thorwald Lambrecht	19:00 - 20:00 Strength For Women (SGT) Functional Zone Felien Mestdagh	19:00 - 20:00 Callisthenics Functional Zone Amir Malakouti			
20:00 - 21:00 Core Group Classes Studio Jims Gent Rooigem	20:00 - 21:00 Cardio boxing Boxing Cube An De Decker	19:30 - 20:30 BOXING FUNDAMENTALS (BE) Boxing Cube Jordan Amir Malakouti	19:00 - 20:00 Zumba® Group Classes Studio Faye Porteman			
	20:00 - 21:00 Yoga Group Classes Studio Wilfrieda Paessens	19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Pascal Rooms	20:00 - 21:00 BBB Group Classes Studio Faye Porteman			
		20:30 - 21:30 Core Group Classes Studio Pascal Rooms				

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18:00 - 19:00 HIIT Boxing Boxing Cube Quinten Dhaemer Gripe	18:00 - 19:00 GO HYBRID SGT(BE) Functional Zone Bryan Larez	11:30 - 12:30 Pilates Group Classes Studio Leslie Page	11:30 - 12:30 Core Group Classes Studio Leslie Page	18:00 - 19:00 Les Mills Bodycombat™ Group Classes Studio An De Decker	11:00 - 12:00 BOXING FLOW (BE) Boxing Cube Jordan Amir Malakouti	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Marc De Scheemaecker
18:00 - 19:00 Strength Training (SGT) Functional Zone Bryan Larez	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Elke Blansaer	17:30 - 18:30 Flow Group Classes Studio Annelies Bombeek	11:30 - 12:30 Strength Training (SGT) Functional Zone Jims Gent Rooigem	18:30 - 19:00 Core Fitness Floor Felien Mestdagh	11:00 - 12:00 Zumba® Group Classes Studio Faye Porteman	10:30 - 11:30 BOXING CUBE (BE) Boxing Cube Ronny De Groeve
19:00 - 20:00 COACH BY COLOR® Connect Cycling Cube (BE) Cycling Cube Katleen De Temmerman	19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascale Roorda	18:00 - 19:00 Moving Mom (SGT) Functional Zone Kaija Heirman	18:00 - 19:00 Crosstraining Functional Zone Bryan Larez	19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Katleen De Temmerman		11:00 - 12:00 Flow Group Classes Studio Marc De Scheemaecker
19:00 - 20:00 Go Functional (SGT) Functional Zone Jims Gent Rooigem	19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Elke Blansaer	18:30 - 19:30 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascal Rooms	18:00 - 19:00 HIIT Boxing Boxing Cube Quinten Dhaemer Gripe			
19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Daisy Dejonghe	19:00 - 20:00 Start To Workout (SGT) Functional Zone Thorwald Lambrecht	19:00 - 20:00 Strength For Women (SGT) Functional Zone Felien Mestdagh	18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Olivier Ockers			
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