

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>12:15 - 13:15 Strength For Women (SGT) Fitness Floor Jims Auderghem</p>	<p>12:30 - 13:15 Move For Health (SGT) Functional Zone Kevin De Wachter</p>	<p>07:30 - 08:30 Yoga Group Classes Studio Floriana Palmieri</p>	<p>12:30 - 13:30 TAF Group Classes Studio Jims Auderghem</p>	<p>12:30 - 13:30 Pilates Group Classes Studio Cedric Demarbaix</p>	<p>10:00 - 11:00 Yoga Group Classes Studio Floriana Palmieri</p>	<p>10:30 - 11:30 Mobility Group Classes Studio Gaetan Boulanger</p>
<p>12:30 - 13:30 Pilates Group Classes Studio Floriana Palmieri</p>	<p>17:30 - 18:30 Pilates Group Classes Studio Cedric Demarbaix</p>	<p>12:15 - 13:15 Strength For Women (SGT) Functional Zone</p>	<p>18:00 - 19:00 Strength For Women (SGT) Fitness Floor Kevin De Wachter</p>	<p>17:30 - 18:30 Crosstraining Functional Zone Gaetan Boulanger</p>	<p>10:30 - 11:30 Core Functional Zone David Todero</p>	<p>12:00 - 13:00 Dance Jims Auderghem</p>
<p>18:00 - 19:00 LES MILLS STRENGTH DEVELOPMENT (BE) Group Classes Studio David Jorigas</p>	<p>18:30 - 19:30 Core Group Classes Studio Cedric Demarbaix</p>	<p>12:30 - 13:30 Pilates Group Classes Studio Cedric Demarbaix</p>	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Han Long</p>	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Delphine Debuison</p>	<p>11:30 - 12:30 Crosstraining Functional Zone David Todero</p>	<p>13:15 - 14:15 Boxing Group Classes Studio Kadima Kabangu</p>
<p>18:30 - 19:30 Weight Health (SGT) Functional Zone Kevin De Wachter</p>	<p>18:30 - 19:30 Moving Mom (SGT) Functional Zone</p>	<p>17:30 - 18:30 Hybrid X Functional Zone David Todero</p>	<p>19:00 - 20:00 Crosstraining Functional Zone David Todero</p>	<p>19:30 - 20:30 TAF Group Classes Studio Delphine Debuison</p>		
	<p>19:30 - 20:30 Zumba® Group Classes Studio Jone Aldalur Gandiaga</p>	<p>17:45 - 18:30 Yoga Group Classes Studio Floriana Palmieri</p>	<p>19:30 - 20:30 Boxing Group Classes Studio Kadima Kabangu</p>			
		<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Alexis Darteville</p>				
		<p>18:35 - 19:35 Go Functional (SGT) Functional Zone Matteo Toully</p>				
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