

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
10:00 - 11:00 FLOW YOGA CUBE (BE) Group Classes Studio	10:00 - 11:00 Booty Group Classes Studio Serge Lomami kattako	10:00 - 11:00 Pilates Group Classes Studio Louis Gentges	10:00 - 11:00 Start To Workout (SGT) Fitness Floor Alois Crespin	12:15 - 13:15 Icebath Group Classes Studio Amandine Skirole	10:00 - 11:00 Pilates Group Classes Studio Romain Lafontaine	10:00 - 11:00 Hatha Yoga Group Classes Studio Juliette Marsin
17:00 - 18:00 Icebath Group Classes Studio Emmanuel Arickx	12:15 - 13:15 COACH BY COLOR® Cycling Cube (BE) Group Classes Studio Roger Schifano	12:15 - 13:15 Crosstraining Functional Zone Claude Conde	11:00 - 12:00 Yoga Group Classes Studio Louis Gentges	12:15 - 13:15 Suspension Training Functional Zone Roger Schifano	11:00 - 12:00 COACH BY COLOR® Cycling Cube (BE) Group Classes Studio CLAUDE PATRICK BEKONO ZOA	11:00 - 12:00 Crosstraining Group Classes Studio Aline Délincé
18:00 - 19:00 Les Mills Bodycombat™ Group Classes Studio Serge Lomami kattako	16:00 - 17:00 GO HYBRID SGT(BE) Functional Zone Emmanuel Arickx	12:15 - 13:15 Icebath Group Classes Studio Emmanuel Arickx	12:15 - 13:15 Total Body Conditioning Group Classes Studio Serge Lomami kattako	16:00 - 17:00 GO HYBRID SGT(BE) Fitness Floor Emmanuel Arickx	12:00 - 13:00 Callisthenics Fitness Floor Tolunay Ulusoy	11:00 - 12:00 Les Mills Bodypump™ Group Classes Studio Ronald Gray
18:00 - 19:00 Power Functional Zone Maverick Emonts-Pohl	17:00 - 18:00 Strength For Women (SGT) Fitness Floor William Voets	16:00 - 17:00 Icebath Group Classes Studio Amandine Skirole	17:00 - 18:00 Pilates Group Classes Studio Romain Lafontaine	18:00 - 19:15 COACH BY COLOR® Cycling Cube (BE) Outdoors CLAUDE PATRICK BEKONO ZOA	12:00 - 13:00 Total Body Conditioning Group Classes Studio CLAUDE PATRICK BEKONO ZOA	12:00 - 13:00 Booty Group Classes Studio Aline Délincé
19:00 - 20:00 Squat Bench Deadlift (SGT) Functional Zone Maverick Emonts-Pohl	18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Group Classes Studio CLAUDE PATRICK BEKONO ZOA	17:00 - 18:00 BALANCE & CONTROL (BE) Functional Zone	18:00 - 19:00 Booty Group Classes Studio Bonnet Cecile	18:00 - 19:00 Total Body Conditioning Group Classes Studio Kenedi Mavungu		
19:00 - 20:00 Total Body Conditioning Group Classes Studio Serge Lomami kattako	18:00 - 19:00 Crosstraining Functional Zone Serge Lomami kattako	17:00 - 18:00 COACH BY COLOR® Cycling Cube (BE) Group Classes Studio CLAUDE PATRICK BEKONO ZOA	18:00 - 19:00 Start To Workout (SGT) Fitness Floor William Voets			
20:00 - 21:00 Pilates Group Classes Studio Louis Gentges	19:00 - 20:00 Callisthenics Functional Zone Davy Petrisot	17:00 - 18:00 Strength Training (SGT) Fitness Floor Maverick Emonts-Pohl	19:00 - 20:00 Callisthenics Functional Zone Tolunay Ulusoy			
	19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Claude Conde	18:00 - 19:00 Crosstraining Functional Zone Serge Lomami kattako	19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Ronald Gray			
	20:00 - 21:00 Mobility Group Classes Studio Romain Lafontaine	18:00 - 19:00 Mobility Group Classes Studio Maverick Emonts-Pohl	20:00 - 21:00 Les Mills Bodycombat™ Ronald Gray			
		19:00 - 20:00 Les Mills Bodycombat™ Group Classes Studio Serge Lomami kattako				
		19:00 - 20:00 RUNNING GX (BE) Outdoors Alois Crespin				
		20:00 - 21:00 Yoga Group Classes Studio Louis Gentges				

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