

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	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	09:05 - 11:00 Hatha Yoga Outdoors Juliette Marsin
16:00 - 17:00 Start To Workout (SGT) Emmanuel Arickx	12:15 - 13:15 COACH BY COLOR® Cycling Cube (BE) Group Classes Studio Roger Schifano	12:15 - 13:15 Crosstraining Functional Zone Bonnet Cecile	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 Bonnet Cecile
17:00 - 18:00 Icebath Group Classes Studio Emmanuel Arickx	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 Les Mills Bodycombat™ Group Classes Studio Serge Lomami kattako	17:00 - 18:00 Mobility Group Classes Studio Romain Lafontaine	16:00 - 17:00 Icebath Group Classes Studio Amandine Skirole	17:00 - 18:00 Pilates Group Classes Studio Romain Lafontaine	18:00 - 19:30 EVENT MASTER BUILDING (BE) Outdoors Kenedi Mavungu	12:00 - 13:00 Total Body Conditioning (BE) Group Classes Studio CLAUDE PATRICK BEKONO ZOA	12:00 - 13:00 Booty Group Classes Studio Bonnet Cecile
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			
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 Bonnet Cecile	18:00 - 19:00 Crosstraining Functional Zone Serge Lomami kattako	19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Ronald Gray			
		18:00 - 19:00 Mobility Group Classes Studio Maverick Emonts-Pohl	20:00 - 21:00 Les Mills Bodycombat™ Group Classes Studio Ronald Gray			
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16:00 - 17:00 Start To Workout (SGT) 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 Bonnet Cecile
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19:00 - 20:00 Squat Bench Deadlift (SGT) Functional Zone Maverick Emonts-Pohl	17:00 - 18:00 Strength For Women (SGT) Fitness Floor William Voets	17:00 - 18:00 BALANCE & CONTROL (BE) Functional Zone	18:00 - 19:00 Booty Group Classes Studio Bonnet Cecile	19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Group Classes Studio CLAUDE PATRICK BEKONO ZOA		
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