

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Céline Parade</p> <p>18:00 - 19:00 <b>HIIT Boxing</b> Boxing Cube   Youssef Bensaoui</p> <p>18:00 - 19:00 <b>XCORE ® (BE)</b> Group Classes Studio   Marylène Tommaso</p> <p>19:00 - 20:00 <b>HIIT Boxing</b> Boxing Cube   Youssef Bensaoui</p> <p>19:00 - 20:00 <b>Zumba®</b> Group Classes Studio   Giusi Giordano</p>	<p>17:00 - 18:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Kenedi Mavungu</p> <p>18:00 - 19:00 <b>Power</b> Group Classes Studio   Kenedi Mavungu</p> <p>19:00 - 20:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Kenedi Mavungu</p> <p>19:00 - 20:00 <b>Callisthenics</b> Functional Zone</p> <p>19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Fabian Tamagni</p>	<p>16:00 - 17:00 <b>Moving Mom (SGT)</b> Functional Zone   Kimberley Halmans</p> <p>17:00 - 18:00 <b>Prepare for running (SGT)</b> Outdoors   Fabian Tamagni</p> <p>18:00 - 19:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Kenedi Mavungu</p> <p>18:00 - 19:00 <b>Mobility (SGT)</b> Functional Zone   Fabian Tamagni</p> <p>18:00 - 19:00 <b>Step</b> Group Classes Studio   Marylène Tommaso</p> <p>19:00 - 20:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Marylène Tommaso</p> <p>19:00 - 20:00 <b>KICK CUBE (BE)</b> Boxing Cube   Brice Lilot</p> <p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Fabian Tamagni</p> <p>20:00 - 21:00 <b>SELF DEFENSE (BE)</b> Group Classes Studio   Gerson Dossogne</p>	<p>18:00 - 19:20 <b>Event Shadow Boxing</b> Boxing Cube   Youssef Bensaoui</p> <p>18:00 - 19:20 <b>Power Cardio</b> Group Classes Studio   Marylène Tommaso</p>		<p>10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Manon Pinto</p> <p>10:00 - 11:00 <b>Mobility (SGT)</b> Functional Zone   Fabian Tamagni</p> <p>11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Giusi Giordano</p> <p>12:00 - 13:00 <b>SELF DEFENSE (BE)</b> Group Classes Studio   Gerson Dossogne</p>	

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	<p>17:00 - 18:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Kenedi Mavungu</p>	<p>10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Erica Rachella</p>	<p>18:00 - 19:00 <b>HIIT Boxing</b> Boxing Cube   Youssef Bensaoui</p>		<p>10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Manon Pinto</p>	
	<p>18:00 - 19:00 <b>BOXE FRANCAISE (BE)</b> Boxing Cube</p>	<p>16:00 - 17:00 <b>Moving Mom (SGT)</b> Functional Zone   Kimberley Halmans</p>	<p>18:00 - 19:00 <b>Power</b> Group Classes Studio   Marylène Tommaso</p>		<p>10:00 - 11:00 <b>Mobility (SGT)</b> Functional Zone   Fabian Tamagni</p>	
	<p>18:00 - 19:00 <b>Power</b> Group Classes Studio   Kenedi Mavungu</p>	<p>17:00 - 18:00 <b>Prepare for running (SGT)</b> Outdoors   Fabian Tamagni</p>	<p>19:00 - 20:00 <b>XCORE @ (BE)</b> Group Classes Studio   Marylène Tommaso</p>		<p>11:00 - 12:00 <b>Zumba@</b> Group Classes Studio   Giusi Giordano</p>	
	<p>19:00 - 20:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Kenedi Mavungu</p>	<p>18:00 - 19:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Kenedi Mavungu</p>			<p>12:00 - 13:00 <b>SELF DEFENSE (BE)</b> Group Classes Studio   Gerson Dossogne</p>	
	<p>19:00 - 20:00 <b>Callisthenics</b> Functional Zone</p>	<p>18:00 - 19:00 <b>Mobility (SGT)</b> Functional Zone   Fabian Tamagni</p>				
	<p>19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Fabian Tamagni</p>	<p>18:00 - 19:00 <b>Step</b> Group Classes Studio   Marylène Tommaso</p>				
		<p>19:00 - 20:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Marylène Tommaso</p>				
		<p>19:00 - 20:00 <b>KICK CUBE (BE)</b> Boxing Cube   Brice Lilot</p>				
		<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Fabian Tamagni</p>				
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