

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
10:00 - 11:00 Pilates Group Classes Studio Angelique Meunier	12:30 - 13:30 Hybrid X Functional Zone Yann Monard	11:00 - 12:00 Pilates Group Classes Studio Benz Pipitkulsri Teerawat	10:00 - 10:45 Move For Health (SGT) Functional Zone Angelique Poliart	10:00 - 11:00 Crosstraining Dhavindra LATCHIMY	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Jean-françois Wanty	09:00 - 10:00 Yoga Group Classes Studio Benz Pipitkulsri Teerawat
11:00 - 12:00 Flow Group Classes Studio Angelique Meunier	14:00 - 14:45 Move For Health (SGT)	12:00 - 13:00 Yoga Benz Pipitkulsri Teerawat	12:30 - 13:30 COACH BY COLOR® Cycling Cube (BE) Cycling Studio Dhavindra LATCHIMY	11:00 - 11:45 ABDO WOD (BE) Dhavindra LATCHIMY	12:00 - 13:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Jennifer Van Frausum	10:00 - 11:00 Pilates Group Classes Studio Benz Pipitkulsri Teerawat
12:30 - 13:30 Les Mills Bodypump™ Youssef El Mashouli	14:00 - 15:00 Moving Mom (SGT) Functional Zone Yann Monard	16:00 - 16:45 Move For Health (SGT)	12:30 - 13:30 Les Mills Bodypump™	12:30 - 13:30 Flow Angelique Meunier		11:00 - 12:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Erica Beckers
13:00 - 13:45 Move For Health (SGT) Functional Zone	17:00 - 18:00 Step Arienes La Vega	17:00 - 18:00 Moving Mom (SGT) Functional Zone Noémie Heymans	17:00 - 17:45 Move For Health (SGT) Arnaud Carré	17:00 - 18:00 Pilates Group Classes Studio Dhavindra LATCHIMY		12:00 - 13:00 Hybrid X Functional Zone Erica Beckers
17:00 - 18:00 Les Mills Bodypump™ Group Classes Studio Angelique Poliart	18:00 - 19:00 Crosstraining Functional Zone Martin Aggujaro	17:00 - 18:00 Pilates Group Classes Studio Benz Pipitkulsri Teerawat	17:00 - 18:00 Total Body Conditioning Group Classes Studio Arienes La Vega	18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Dhavindra LATCHIMY		
17:00 - 18:00 Start To Workout (SGT) Functional Zone Arnaud Carré	18:00 - 19:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Arienes La Vega	18:00 - 19:00 Les Mills Tone™ Group Classes Studio Angelique Meunier	18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Arienes La Vega	18:00 - 19:00 Crosstraining Functional Zone Guillaume Dubois		
18:00 - 19:00 Burn Functional Zone Jennifer Van Frausum	18:00 - 18:30 Prepare for running (SGT) Outdoors Noémie Heymans	18:00 - 19:00 Squat Bench Deadlift (SGT) Functional Zone Arnaud Carré	18:00 - 19:00 Callisthenics Functional Zone Guillaume Dubois			
18:00 - 19:00 Les Mills Tone™ Group Classes Studio Angelique Meunier	19:00 - 20:00 Boxing Group Classes Studio Erica Beckers	18:00 - 19:00 Weight Health (SGT) Functional Zone Yann Monard	18:00 - 19:00 Flow Angelique Meunier			
18:00 - 19:00 Strength For Women (SGT) Noémie Heymans	19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Didier Lissens	19:00 - 20:00 Crosstraining Functional Zone Guillaume Dubois	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Arnaud Carré			
19:00 - 20:00 Pilates Group Classes Studio Angelique Meunier	19:00 - 19:45 Mobility (SGT) Noémie Heymans	19:00 - 20:00 Les Mills Bodypump™ Jean-françois Wanty	19:00 - 19:45 ABDO WOD (BE) Fitness Floor Jules Banos			
19:00 - 20:00 Weight Health (SGT) Functional Zone Noémie Heymans	20:00 - 21:00 Yoga Group Classes Studio Benz Pipitkulsri Teerawat	19:00 - 20:00 Mobility (SGT) Noémie Heymans	19:00 - 20:00 Boxing Martin Aggujaro			
			19:00 - 20:00 Hybrid X Functional Zone Yann Monard			
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