

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



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10:00 - 11:00 <b>Pilates</b> Group Classes Studio   Angelique Meunier	12:30 - 13:30 <b>Hybrid X</b> Functional Zone   Yann Monard	10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Jennifer Van Frausum	12:30 - 13:30 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Studio   Dhavindra LATCHIMY	12:30 - 13:30 <b>Flow</b>   Angelique Meunier	10:00 - 11:00 <b>Burn</b> Group Classes Studio   Martin Aggujaro	09:00 - 10:00 <b>Yoga</b> Group Classes Studio   Benz Pipitkulsri Teerawat
11:00 - 12:00 <b>Flow</b> Group Classes Studio   Angelique Meunier	14:00 - 14:45 <b>Move For Health (SGT)</b>	11:00 - 12:00 <b>Pilates</b> Group Classes Studio   Benz Pipitkulsri Teerawat	12:30 - 13:30 <b>Les Mills Bodypump™</b>	17:00 - 18:00 <b>Pilates</b> Group Classes Studio   Dhavindra LATCHIMY	10:00 - 11:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Didier Lissens	10:00 - 11:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Wael El Khansa
12:30 - 13:30 <b>Les Mills Bodypump™</b>	14:00 - 15:00 <b>Moving Mom (SGT)</b> Functional Zone   Yann Monard	12:00 - 13:00 <b>Yoga</b>   Benz Pipitkulsri Teerawat	13:00 - 14:00 <b>Moving Mom (SGT)</b> Fitness Floor   Angelique Poliart	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Dhavindra LATCHIMY	10:00 - 11:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jean-françois Wanty	10:00 - 11:00 <b>Pilates</b> Group Classes Studio   Benz Pipitkulsri Teerawat
13:00 - 13:45 <b>Move For Health (SGT)</b> Functional Zone	17:00 - 18:00 <b>Step</b> Group Classes Studio   Arienes La Vega	14:00 - 15:00 <b>Hybrid X</b> Functional Zone   Yann Monard	17:00 - 18:00 <b>Total Body Conditioning</b> Group Classes Studio   Arienes La Vega	18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Guillaume Dubois	11:00 - 12:00 <b>Callisthenics</b> Functional Zone   Martin Aggujaro	11:00 - 12:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Erica Beckers
17:00 - 18:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Angelique Poliart	18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Martin Aggujaro	16:00 - 16:45 <b>Move For Health (SGT)</b>	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Arienes La Vega	18:00 - 19:00 <b>Callisthenics</b> Functional Zone   Guillaume Dubois	11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Leyla Parent	12:00 - 13:00 <b>Hybrid X</b> Functional Zone   Erica Beckers
17:00 - 18:00 <b>Start To Workout (SGT)</b> Fitness Floor   Noémie Heymans	18:00 - 19:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Arienes La Vega	17:00 - 18:00 <b>Moving Mom (SGT)</b> Functional Zone   Noémie Heymans	18:00 - 19:00 <b>Flow</b>   Angelique Meunier	19:00 - 19:45 <b>ABDO WOD (BE)</b> Fitness Floor   Jules Banos	12:00 - 13:00 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Jennifer Van Frausum	
17:30 - 18:00 <b>Prepare for running (SGT)</b> Outdoors   Dhavindra LATCHIMY	19:00 - 20:00 <b>Boxing</b> Group Classes Studio   Erica Beckers	17:00 - 18:00 <b>Pilates</b> Group Classes Studio   Benz Pipitkulsri Teerawat	18:00 - 19:00 <b>Flow</b>   Angelique Meunier	19:00 - 20:00 <b>Boxing</b> Group Classes Studio   Martin Aggujaro		
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18:00 - 19:00 <b>Les Mills Tone™</b> Group Classes Studio   Angelique Meunier	19:00 - 19:45 <b>Mobility (SGT)</b>   Noémie Heymans	18:00 - 19:00 <b>Mobility (SGT)</b>   Noémie Heymans	19:00 - 20:00 <b>Boxing</b> Group Classes Studio   Martin Aggujaro	19:00 - 20:00 <b>Les Mills Tone™</b> Group Classes Studio   Angelique Meunier		
18:00 - 18:30 <b>Mobility (SGT)</b> Functional Zone   Erica Beckers	20:00 - 21:00 <b>Yoga</b> Group Classes Studio   Benz Pipitkulsri Teerawat	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b> Functional Zone	19:00 - 20:00 <b>Weight Health (SGT)</b> Functional Zone   Yann Monard			
18:00 - 19:00 <b>Strength For Women (SGT)</b>		18:00 - 19:00 <b>Weight Health (SGT)</b> Functional Zone   Yann Monard				
19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Dhavindra LATCHIMY		19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Guillaume Dubois				
19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Angelique Meunier		19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jean-françois Wanty				
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20:00 - 21:00 <b>BOLLYWOOD/HIPHOP (BE)</b> Group Classes Studio   Suby Anthony						
20:05 - 20:50 <b>ABDO WOD (BE)</b> Functional Zone   Dhavindra LATCHIMY						