

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

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10:00 - 11:00 Pilates Group Classes Studio Angelique Meunier	12:30 - 13:30 Hybrid X Functional Zone Yann Monard	10:00 - 11:00 Cuisses Abdos Fessiers (CAF) Jennifer Van Frausum	10:00 - 10:45 Move For Health (SGT) Functional Zone Angelique Poliart	10:00 - 11:00 Crosstraining Dhavindra LATCHIMY	10:00 - 11:00 Burn Functional Zone Martin Aggujaro	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)	11:00 - 12:00 Pilates Group Classes Studio 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	10:00 - 14:00 Indoor Cycling Marathon Arienes La Vega, Wael El Khansa, Dhavindra LATCHIMY	10:00 - 11:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Wael El Khansa
12:30 - 13:30 Les Mills Bodypump™ Yousseff El Mashouli	14:00 - 15:00 Moving Mom (SGT) Functional Zone Yann Monard	12:00 - 13:00 Yoga Benz Pipitkulsri Teerawat	12:30 - 13:30 Les Mills Bodypump™	12:30 - 13:30 Flow Angelique Meunier	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Jean-françois Wanty	10:00 - 11:00 Pilates Group Classes Studio Benz Pipitkulsri Teerawat
13:00 - 13:45 Move For Health (SGT) Functional Zone	17:00 - 18:00 Step Arienes La Vega	14:00 - 15:00 Hybrid X Functional Zone Yann Monard	17:00 - 17:45 Move For Health (SGT) Arnaud Carré	17:00 - 18:00 Pilates Group Classes Studio Dhavindra LATCHIMY	11:00 - 12:00 Calisthenics Functional Zone Martin Aggujaro	11:00 - 12:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio 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	12:00 - 13:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Jennifer Van Frausum	12:00 - 13:00 Hybrid X Functional Zone Erica Beckers
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	17:30 - 18:15 Move For Health (SGT) Fitness Floor Noémie Heymans, Clarisse Vandendorpe, Angelique Poliart, Arnaud Carré, Yann Monard	18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Arienes La Vega			
17:30 - 18:30 Prepare for running (SGT) Outdoors Dhavindra LATCHIMY	18:00 - 18:30 Prepare for running (SGT) Outdoors Noémie Heymans	18:00 - 19:00 Les Mills Tone™ Group Classes Studio Angelique Meunier	18:00 - 19:00 Calisthenics Functional Zone Guillaume Dubois			
18:00 - 19:00 Burn Functional Zone Jennifer Van Frausum	19:00 - 20:00 Boxing Group Classes Studio Erica Beckers	19:00 - 20:00 Crosstraining Functional Zone Guillaume Dubois	18:00 - 19:00 Flow Angelique Meunier			
18:00 - 19:00 Les Mills Tone™ Group Classes Studio Angelique Meunier	19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Didier Lissens	19:00 - 20:00 Les Mills Bodypump™ Jean-françois Wanty	19:00 - 19:45 ABDO WOD (BE) Fitness Floor Jules Banos			
18:00 - 18:45 Mobility (SGT) Functional Zone Erica Beckers	19:00 - 19:45 Mobility (SGT) Noémie Heymans	19:00 - 20:00 Mobility (SGT) Noémie Heymans	19:00 - 20:00 Boxing Martin Aggujaro			
18:00 - 19:00 Strength For Women (SGT) Noémie Heymans	20:00 - 21:00 Yoga Group Classes Studio Benz Pipitkulsri Teerawat		19:00 - 20:00 Hybrid X Functional Zone Yann Monard			
19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Studio Dhavindra LATCHIMY			19:00 - 20:00 Les Mills Tone™ Group Classes Studio Angelique Meunier			
19:00 - 20:00 Pilates Group Classes Studio Angelique Meunier						
19:00 - 20:00 Weight Health (SGT) Functional Zone Noémie Heymans						

20:00 - 20:45

ABDO WOD (BE)

Functional Zone | Dhavindra LATCHIMY

20:00 - 21:00

BOLLYWOOD/HIPHOP (BE)

Group Classes Studio | Suby Anthony