

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jens De Winne</p>	<p>18:00 - 19:00 <b>Pilates</b> Group Classes Studio   Johnny Bauwens</p>	<p>18:00 - 19:00 <b>Strength Training (SGT)</b> Fitness Floor   Renato Da Hora Barreto</p>	<p>18:00 - 19:00 <b>Hatha Yoga</b> Group Classes Studio   Emilie Dauwe</p>	<p>09:30 - 10:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Johnny Bauwens</p>	<p>10:30 - 11:30 <b>Indoor Cycling</b> Group Classes Studio   Joachim Cockuyt</p>	<p>10:00 - 11:00 <b>Indoor Cycling</b> Cycling Cube   Joachim Cockuyt</p>
<p>18:00 - 19:00 <b>Zumba®</b> Group Classes Studio   Farah Van driessche</p>	<p>18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Jens De Winne</p>	<p>18:00 - 19:00 <b>Vinyasa Yoga</b> Group Classes Studio   Simon Moeyaert</p>	<p>19:00 - 20:00 <b>Indoor Cycling</b> Cycling Cube   Joachim Cockuyt</p>	<p>10:30 - 11:30 <b>Pilates</b> Group Classes Studio   Johnny Bauwens</p>		
<p>19:00 - 20:00 <b>Indoor Cycling</b> Group Classes Studio   Joachim Cockuyt</p>	<p>19:00 - 20:00 <b>BBB</b> Group Classes Studio   Johnny Bauwens</p>	<p>19:00 - 20:00 <b>Strength For Women (SGT)</b> Fitness Floor   Tess Lameir</p>		<p>18:30 - 19:30 <b>PARTYROBICS® CARDIO DANCE (BE)</b> Group Classes Studio   Johnny Bauwens</p>		
<p>19:00 - 20:00 <b>Strength Training (SGT)</b> Fitness Floor   Jens De Winne</p>	<p>19:00 - 19:45 <b>Move For Health (SGT)</b> Fitness Floor   Jens De Winne</p>	<p>20:00 - 21:00 <b>Indoor Cycling</b> Group Classes Studio   Joachim Cockuyt</p>				
	<p>20:00 - 21:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Johnny Bauwens</p>					

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