

| LUNDI | MARDI  | MERCREDI | JEUDI  | VENDREDI | SAMEDI   | DIMANCHE |
|-------|--|----------|--|----------|--|----------|
|       | <p>09:00 - 09:30<br/><b>Healthy Back (SGT)</b><br/>Group Classes Studio   Brigitte Westbroek</p> |          | <p>19:00 - 20:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio</p>            |          | <p>10:00 - 11:00<br/><b>Zumba®</b><br/>Group Classes Studio   Natalia Fefelova</p> |          |
|       | <p>19:00 - 20:00<br/><b>Zumba®</b><br/>Group Classes Studio   Natalia Fefelova</p>               |          | <p>20:00 - 21:00<br/><b>Zumba®</b><br/>Group Classes Studio   Natalia Fefelova</p> |          |  |          |
|       | <p>20:00 - 21:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio</p>                          |          |  |          |  |          |

| LUNDI  | MARDI  | MERCREDI  | JEUDI   | VENREDI   | SAMEDI   | DIMANCHE |
|--|--|---|---|---|--|----------|
| <p>12:00 - 13:00<br/><b>Start To Workout (SGT)</b><br/>Group Classes Studio   Brigitte Westbroek</p>   | <p>09:00 - 09:30<br/><b>Healthy Back (SGT)</b><br/>Group Classes Studio   Brigitte Westbroek</p> | <p>09:30 - 10:30<br/><b>Pilates</b><br/>Group Classes Studio   Thieme Igodt</p>           | <p>09:00 - 10:00<br/><b>Weight Health (SGT)</b><br/>Group Classes Studio   Brigitte Westbroek</p> | <p>09:00 - 10:00<br/><b>Booty</b><br/>Group Classes Studio   Brigitte Westbroek</p> | <p>10:00 - 11:00<br/><b>Zumba®</b><br/>Group Classes Studio   Natalia Fefelova</p> |          |
| <p>14:00 - 15:00<br/><b>Strength For Women (SGT)</b><br/>Group Classes Studio   Brigitte Westbroek</p> | <p>19:00 - 20:00<br/><b>Zumba®</b><br/>Group Classes Studio   Natalia Fefelova</p>               | <p>17:30 - 18:30<br/><b>Move For Health (SGT)</b><br/>Brigitte Westbroek</p>              | <p>19:00 - 20:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio</p>                           |   |  |          |
|  | <p>20:00 - 21:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio</p>                          | <p>19:00 - 20:00<br/><b>HIIT Boxing</b><br/>Group Classes Studio   Brigitte Westbroek</p> | <p>20:00 - 21:00<br/><b>Zumba®</b><br/>Group Classes Studio   Natalia Fefelova</p>                |   |  |          |