

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>17:00 - 18:00 <b>Healthy Back (SGT)</b> Fintess Floor   Roan Dierick</p>	<p>12:00 - 13:00 <b>Start To Workout (SGT)</b> Fintess Floor   Esmeralda Den heijer</p>	<p>17:00 - 18:00 <b>Go Functional (SGT)</b> Group Classes Studio   Kelvin Van Brabant</p>	<p>09:00 - 10:00 <b>Start To Workout (SGT)</b> Fintess Floor   Janelle Dassen</p>	<p>10:00 - 11:00 <b>Strength Training (SGT)</b> Fintess Floor   Kelvin Van Brabant</p>	<p>09:30 - 10:30 <b>Pilates</b> Group Classes Studio</p>	<p>10:00 - 11:00 <b>Indoor Cycling</b> Group Classes Studio</p>
<p>19:00 - 19:30 <b>ABDO WOD (BE)</b>   Jims Sint-Truiden</p>	<p>18:30 - 19:30 <b>Total Body Conditioning</b> Group Classes Studio</p>	<p>19:30 - 20:30 <b>Step</b> Group Classes Studio   Jims Sint-Truiden</p>	<p>19:00 - 20:00 <b>Total Body Conditioning</b> Group Classes Studio</p>	<p>19:00 - 20:00 <b>Yoga</b> Group Classes Studio</p>	<p>10:00 - 10:30 <b>Mobility (SGT)</b> Fintess Floor   Roan Dierick</p>	<p>10:00 - 11:00 <b>Strength For Women (SGT)</b> Fintess Floor   Esmeralda Den heijer</p>
<p>19:30 - 20:30 <b>BBB</b> Group Classes Studio   Jims Sint-Truiden</p>	<p>19:30 - 20:30 <b>Indoor Cycling</b> Group Classes Studio   Johan Claes</p>	<p>20:30 - 21:30 <b>Pilates</b> Group Classes Studio</p>	<p>20:00 - 21:00 <b>Indoor Cycling</b> Group Classes Studio   Johan Claes</p>		<p>10:45 - 11:45 <b>SOUND BATH (BE)</b> Group Classes Studio   Bianca Krings</p>	<p>11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Jims Sint-Truiden</p>
<p>20:30 - 21:30 <b>Zumba®</b> Group Classes Studio   Jims Sint-Truiden</p>	<p>20:30 - 21:30 <b>Indoor Cycling</b> Group Classes Studio   Jims Sint-Truiden</p>					

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