

| LUNDI | MARDI | MERCREDI | JEUDI | VENREDI | SAMEDI | DIMANCHE |
|---|---|---|---|--|---|---|
| <p>18:00 - 19:00 Zumba® Group Classes Studio Kris Martens</p> | <p>18:15 - 19:15 Zumba® Group Classes Studio Kris Martens</p> | <p>09:30 - 10:30 Step Group Classes Studio Koen Vercammen</p> | <p>09:30 - 10:30 Les Mills Bodypump™ Group Classes Studio Koen Vercammen</p> | <p>17:30 - 18:30 Power Group Classes Studio Kelly De ruyter</p> | <p>09:15 - 10:15 Yoga Group Classes Studio Sofia Cankaya</p> | <p>10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Jims Heist-op-den-berg</p> |
| <p>19:00 - 20:00 Total Body Conditioning Group Classes Studio Jims Heist-op-den-berg</p> | <p>19:15 - 20:15 Strength For Women (SGT) Sem Hullak</p> | <p>10:30 - 11:30 BBB Group Classes Studio Koen Vercammen</p> | <p>18:00 - 19:00 Healthy Back (SGT) Group Classes Studio Jonas Anguelov</p> | | <p>10:15 - 11:15 Yoga Group Classes Studio Sofia Cankaya</p> | |
| | <p>19:30 - 20:30 Boxing Group Classes Studio Arne Goossens</p> | <p>18:00 - 19:00 Start To Workout (SGT) Fintess Floor Sem Hullak</p> | <p>19:00 - 20:00 Step Group Classes Studio Kelly De ruyter</p> | | <p>11:15 - 12:15 Start To Workout (SGT) Fintess Floor Sem Hullak</p> | |
| | | <p>19:00 - 20:00 Les Mills Bodypump™</p> | | | | |

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