

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>18:00 - 19:00 <b>HYROX</b> Kevin Vanheuckelom, Raoul Coenen</p>	<p>17:45 - 18:45 <b>Pilates</b> Femke Celen</p>	<p>10:00 - 11:00 <b>Power Pilates Cube (BE)</b> Julie Schelles</p>	<p>11:00 - 12:00 <b>Strength For Women (SGT)</b> Fitness Floor   Julie Schelles</p>	<p>09:30 - 10:30 <b>Yoga</b></p>	<p>10:15 - 11:15 <b>Boxing</b> Christophe Gielen</p>	<p>10:00 - 11:00 <b>Indoor Cycling</b></p>
<p>18:45 - 19:45 <b>Power Pilates Cube (BE)</b> Fitness Floor   Julie Schelles</p>	<p>19:00 - 20:00 <b>BBB</b> Andy Bassani</p>	<p>17:00 - 18:00 <b>Boxing</b> Christophe Gielen</p>	<p>18:00 - 19:00 <b>Dance</b> Femke Celen</p>	<p>19:00 - 20:00 <b>Indoor Cycling</b></p>	<p>11:15 - 12:15 <b>Boxing</b> Christophe Gielen</p>	
<p>19:00 - 20:00 <b>Yoga</b></p>	<p>19:00 - 20:00 <b>Burn</b> Christophe Gielen</p>	<p>18:00 - 19:00 <b>Conditioning (SGT)</b> Fitness Floor   Kevin Vanheuckelom</p>	<p>18:00 - 19:00 <b>HYROX</b> Kevin Vanheuckelom</p>	<p>19:00 - 20:00 <b>Power Cardio</b> Dirk Baptist</p>		
<p>19:30 - 20:30 <b>Indoor Cycling</b></p>	<p>19:30 - 20:30 <b>Indoor Cycling</b></p>	<p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Valerie Haelen</p>	<p>19:00 - 20:00 <b>BBB</b> Andy Bassani</p>			
<p>20:00 - 21:00 <b>HYROX</b> Kevin Vanheuckelom, Raoul Coenen</p>	<p>20:00 - 21:00 <b>Boxing</b> Christophe Gielen</p>	<p>19:00 - 20:00 <b>Power Cardio</b> Dirk Baptist</p>	<p>19:00 - 20:00 <b>Pilates</b> Femke Celen</p>			
<p>20:00 - 21:00 <b>Les Mills Bodypump™</b> Valerie Haelen</p>	<p>21:00 - 22:00 <b>Boxing</b> Christophe Gielen</p>	<p>20:00 - 21:00 <b>Indoor Cycling</b></p>	<p>19:30 - 20:30 <b>Indoor Cycling</b></p>			
<p>20:15 - 21:15 <b>Burn</b> Christophe Gielen</p>			<p>20:00 - 21:00 <b>Step</b> Group Classes Studio   Mirella Torcal</p>			

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11:00 - 12:00 <b>Pilates</b> Group Classes Studio   Femke Celen	17:45 - 18:45 <b>Pilates</b> Femke Celen	10:00 - 11:00 <b>Power Pilates Cube (BE)</b> Julie Schelles	11:00 - 12:00 <b>Strength For Women (SGT)</b> Fitness Floor   Julie Schelles	09:30 - 10:30 <b>Yoga</b>	10:15 - 11:15 <b>Boxing</b> Christophe Gielen	10:00 - 11:00 <b>Indoor Cycling</b>
18:00 - 19:00 <b>HYROX</b> Raoul Coenen	18:00 - 19:00 <b>HYROX</b> Julie Schelles	16:45 - 17:45 <b>HYROX</b> Raoul Coenen	18:00 - 19:00 <b>Dance</b> Femke Celen	12:45 - 13:45 <b>Sculpt</b> Group Classes Studio   Femke Celen	11:15 - 12:15 <b>Boxing</b> Christophe Gielen	10:00 - 11:00 <b>Zumba®</b> Group Classes Studio   Marthe Jansen
19:00 - 20:00 <b>Yoga</b>	19:00 - 20:00 <b>BBB</b> Andy Bassani	17:00 - 18:00 <b>Boxing</b> Christophe Gielen	18:00 - 19:00 <b>HYROX</b> Kevin Vanheuckelom	19:00 - 20:00 <b>Indoor Cycling</b>		
19:30 - 20:30 <b>Indoor Cycling</b>	19:00 - 20:00 <b>Burn</b> Christophe Gielen	18:00 - 19:00 <b>Conditioning (SGT)</b> Fitness Floor   Kevin Vanheuckelom	19:00 - 20:00 <b>BBB</b> Andy Bassani	19:00 - 20:00 <b>Power Cardio</b> Dirk Baptist		
20:00 - 21:00 <b>Les Mills Bodypump™</b> Valerie Haelen	19:30 - 20:30 <b>Indoor Cycling</b>	19:00 - 20:00 <b>Les Mills Bodypump™</b> Valerie Haelen	19:00 - 20:00 <b>Pilates</b> Femke Celen			
	20:00 - 21:00 <b>Boxing</b> Christophe Gielen	19:00 - 20:00 <b>Power Cardio</b> Dirk Baptist	19:30 - 20:30 <b>Indoor Cycling</b>			
	21:00 - 22:00 <b>Boxing</b> Christophe Gielen	20:00 - 21:00 <b>Indoor Cycling</b>	20:00 - 21:00 <b>Step</b> Group Classes Studio   Mirella Torcal			
		20:15 - 21:15 <b>Zumba®</b> Group Classes Studio   Marthe Jansen				