

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>18:30 - 19:30 <b>GO HYBRID SGT(BE)</b> Outdoors   Eli Eeckelaert</p>	<p>07:30 - 08:30 <b>Start To Workout (SGT)</b> Fitness Floor   Eli Eeckelaert</p>	<p>10:00 - 11:00 <b>PARTYROBICS® CARDIO DANCE (BE)</b> Group Classes Studio   Regine Basyn</p>	<p>18:00 - 19:00 <b>GO HYBRID SGT(BE)</b> Group Classes Studio   Kyra Van Hove</p>	<p>10:00 - 11:00 <b>Forever Fit (SGT)</b> Group Classes Studio   Kyra Van Hove</p>	<p>10:00 - 11:00 <b>Indoor Cycling</b> Group Classes Studio   Tim Wynants</p>	<p>09:30 - 10:30 <b>Yoga</b> Group Classes Studio</p>
<p>19:30 - 20:30 <b>BBB</b> Group Classes Studio</p>	<p>18:30 - 19:30 <b>Strength Training (SGT)</b> Fitness Floor   Agim Beqiri</p>	<p>13:00 - 14:00 <b>Start To Workout (SGT)</b> Kyra Van Hove</p>	<p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Cedric Deceur</p>	<p>18:30 - 19:30 <b>Strength Training (SGT)</b> Fitness Floor   Agim Beqiri</p>		<p>11:00 - 12:00 <b>Indoor Cycling</b> Group Classes Studio   Tim Wynants</p>
<p>20:30 - 21:30 <b>Indoor Cycling</b> Group Classes Studio</p>	<p>19:30 - 20:30 <b>Step</b></p>	<p>18:30 - 19:30 <b>Weight Health (SGT)</b> Fitness Floor   Eli Eeckelaert</p>	<p>20:00 - 20:30 <b>Core</b> Group Classes Studio   Cedric Deceur</p>			<p>13:00 - 14:00 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Eli Eeckelaert</p>
	<p>20:30 - 21:30 <b>POP Pilates®</b> Group Classes Studio</p>		<p>20:30 - 21:30 <b>Yoga</b> Group Classes Studio   Regine Basyn</p>			

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