

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>13:00 - 14:00 <b>Pilates</b> Group Classes Studio   Florence Hopmans</p>	<p>11:00 - 12:00 <b>Start To Workout (SGT)</b> Fitness Floor   Sylvia Reyes-Caldera</p>	<p>18:45 - 19:45 <b>Go Functional (SGT)</b> Laura Saenen</p>	<p>19:00 - 20:00 <b>Indoor Cycling</b></p>	<p>13:00 - 14:00 <b>Pilates</b> Group Classes Studio   Florence Hopmans</p>	<p>10:30 - 11:00 <b>HIIT</b> Group Classes Studio   Arne Van Hove</p>	
<p>18:30 - 19:30 <b>Start To Workout (SGT)</b> Sylvia Reyes-Caldera</p>	<p>19:00 - 20:00 <b>Strength For Women (SGT)</b> Laura Saenen</p>		<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Sylvia Reyes-Caldera</p>	<p>18:30 - 19:30 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Arne Van Hove</p>	<p>11:00 - 12:00 <b>Yoga</b> Arne Van Hove</p>	
<p>19:30 - 20:30 <b>Indoor Cycling</b> Katia Dewalheyns</p>			<p>20:00 - 21:00 <b>Zumba®</b> Dounia Hautain</p>			

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