

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

| LUNDI  | MARDI   | MERCREDI   | JEUDI   | VENDREDI   | SAMEDI  | DIMANCHE |
|--|---|--|---|--|---|----------|
| <p>13:00 - 14:00<br/><b>Pilates</b><br/>Florence Hopmans</p>   | <p>19:00 - 20:00<br/><b>Strength For Women (SGT)</b><br/>Laura Saenen</p> | <p>18:45 - 19:45<br/><b>Go Functional (SGT)</b><br/>Laura Saenen</p> | <p>19:00 - 20:00<br/><b>Start To Workout (SGT)</b><br/>Sylvia Reyes-Caldera</p> | <p>15:00 - 16:00<br/><b>Pilates</b><br/>Group Classes Studio   Florence Hopmans</p>          | <p>10:30 - 11:00<br/><b>HIIT</b><br/>Group Classes Studio   Arne Van Hove</p> |          |
| <p>18:30 - 19:30<br/><b>Start To Workout (SGT)</b><br/>Sylvia Reyes-Caldera</p>                      |   |  | <p>19:30 - 20:30<br/><b>Indoor Cycling</b><br/>Katia Dewalheyns</p>             | <p>18:30 - 19:30<br/><b>Squat Bench Deadlift (SGT)</b><br/>Fitness Floor   Arne Van Hove</p> | <p>11:00 - 12:00<br/><b>Yoga</b><br/>Arne Van Hove</p>                        |          |
| <p>19:00 - 20:00<br/><b>INDOOR CYCLING CUBE (BE)</b><br/>Group Classes Studio   Katia Dewalheyns</p> |   |  | <p>20:00 - 21:00<br/><b>Zumba®</b><br/>Dounia Hautain</p>                       |  |   |          |
| <p>20:00 - 21:00<br/><b>Indoor Cycling</b><br/>Katia Dewalheyns</p>                                  |   |  |   |  |   |          |