

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00 - 10:00 Pilates Group Classes Studio Jims Tielt	18:00 - 19:00 Strength Training (SGT) Fitness Floor Benjamin Rysman	16:00 - 17:00 Healthy Back (SGT) Fitness Floor Lorenzo Van de Weghe	09:00 - 10:00 Healthy Back (SGT) Fitness Floor Lorenzo Van de Weghe			
10:00 - 11:00 Yoga Group Classes Studio Jims Tielt	19:30 - 20:30 Start To Workout (SGT) Benjamin Rysman	18:00 - 19:00 The circle Fitness Floor Lorenzo Van de Weghe	19:00 - 19:30 ABDO WOD (BE) Group Classes Studio Katrien Allaert			
18:00 - 19:00 Conditioning (SGT) Fitness Floor Andy Van Cauwenberghe			19:30 - 20:30 Indoor Cycling Cycling Cube Patrick Fiore			
			19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Katrien Allaert			

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	<p>18:00 - 19:00 Strength Training (SGT) Fitness Floor Benjamin Rysman</p>	<p>16:00 - 17:00 Healthy Back (SGT) Fitness Floor Lorenzo Van de Weghe</p>	<p>09:00 - 10:00 Healthy Back (SGT) Fitness Floor Lorenzo Van de Weghe</p>			
	<p>19:30 - 20:30 HIIT Agility Group Classes Studio Katrien Allaert</p>	<p>18:00 - 19:00 The circle Fitness Floor Lorenzo Van de Weghe</p>	<p>18:00 - 19:00 Strength For Women (SGT) Fitness Floor Joyce Cornillie</p>			
	<p>19:30 - 20:30 Start To Workout (SGT) Benjamin Rysman</p>	<p>19:00 - 20:00 Zumba® Group Classes Studio Hanne Ameye</p>	<p>19:00 - 19:30 ABDO WOD (BE) Group Classes Studio Katrien Allaert</p>			
	<p>20:30 - 21:30 Indoor Cycling Cycling Cube Katrien Allaert</p>		<p>19:30 - 20:30 Indoor Cycling Cycling Cube Patrick Fiore</p>			
			<p>19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Katrien Allaert</p>			