

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:15 - 18:15 Conditionnement (SGT) Femke Celen	18:00 - 19:00 Pilates Functional Zone	12:30 - 13:30 HIIT Femke Celen	18:30 - 19:30 Pilates Functional Zone	10:00 - 11:00 Pilates Femke Celen		10:00 - 11:00 Boxing Functional Zone
19:00 - 20:00 Les Mills Bodypump™ Functional Zone			19:30 - 20:30 Indoor Cycling			
20:00 - 21:00 Total Body Conditioning Functional Zone						

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