

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 <b>Strength For Women (SGT)</b> Group Classes Studio   Haidi Al Mohcen	18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jims Roeselare	20:00 - 21:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Thibo Hellebuyck	15:30 - 16:30 <b>Start To Workout (SGT)</b> Fitness Floor   Gauthier Standaert		10:30 - 12:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Thibo Hellebuyck	
19:00 - 20:00 <b>Callisthenics</b> Functional Zone   Marlon D'hoore	20:00 - 21:00 <b>AFRODANCE (BE)</b> Group Classes Studio   Mike Ngoyi ilunga		17:00 - 17:30 <b>Mobility (SGT)</b> Functional Zone   Marlon D'hoore			
19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jims Roeselare			18:00 - 19:00 <b>Strength For Women (SGT)</b> Group Classes Studio   Haidi Al Mohcen			
19:30 - 20:30 <b>Kickboxing</b> Frederick Derijcke			18:45 - 19:45 <b>Kickboxing</b> Boxing Cube   Frederick Derijcke			
			19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Haidi Al Mohcen			
			20:00 - 21:00 <b>Self Defense</b> Boxing Cube   Jims Roeselare			

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<p>10:30 - 11:30 <b>Start To Workout (SGT)</b> Fitness Floor   Gauthier Standaert</p>	<p>18:00 - 19:00 <b>Hybrid X</b> Functional Zone   Gauthier Standaert</p>	<p>20:00 - 21:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Thibo Hellebuyck</p>	<p>15:30 - 16:30 <b>Start To Workout (SGT)</b> Fitness Floor   Gauthier Standaert</p>		<p>10:30 - 12:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Thibo Hellebuyck</p>	
<p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Group Classes Studio   Haidi Al Mohcen</p>	<p>18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jims Roeselare</p>		<p>17:00 - 17:30 <b>Mobility (SGT)</b> Functional Zone   Marlon D'hoore</p>			
<p>19:00 - 20:00 <b>Callisthenics</b> Functional Zone   Marlon D'hoore</p>	<p>20:00 - 21:00 <b>AFRODANCE (BE)</b> Group Classes Studio   Mike Ngoyi ilunga</p>		<p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Group Classes Studio   Haidi Al Mohcen</p>			
<p>19:30 - 20:30 <b>Kickboxing</b> Frederick Derijcke</p>			<p>18:45 - 19:45 <b>Kickboxing</b> Boxing Cube   Frederick Derijcke</p>			
			<p>19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Haidi Al Mohcen</p>			
			<p>20:00 - 21:00 <b>Self Defense</b> Boxing Cube   Jims Roeselare</p>			