

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>12:15 - 13:00 Burn Group Classes Studio Ariane Deconinck</p>	<p>12:15 - 13:00 Pilates Group Classes Studio Ariane Deconinck</p>	<p>17:30 - 18:30 Sculpt Group Classes Studio Wendy Maton</p>	<p>17:30 - 18:30 Pilates Group Classes Studio Jims Mouscron</p>	<p>17:30 - 18:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Arnaud Kontelizo</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Jims Mouscron, Arnaud Kontelizo</p>	<p>10:30 - 11:30 Pilates Group Classes Studio Séverine Vyncke</p>
<p>17:30 - 18:30 Core Group Classes Studio Arnaud Kontelizo</p>	<p>17:30 - 18:30 Hybrid X Functional Zone Arnaud Kontelizo</p>	<p>18:30 - 19:30 Healthy Back (SGT) Fitness Floor Tom De Backer</p>	<p>17:30 - 18:30 Start To Workout (SGT) Fitness Floor Tom De Backer</p>	<p>18:30 - 19:30 Hybrid X Functional Zone Dorian Ndotah</p>	<p>11:30 - 12:30 Hybrid X Functional Zone Arnaud Kontelizo</p>	<p>11:30 - 12:30 Zumba® Group Classes Studio Séverine Vyncke</p>
<p>17:30 - 18:30 Mobility (SGT) Fitness Floor Jero Vanderoost</p>	<p>18:30 - 19:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Wendy Maton</p>	<p>18:30 - 19:30 Hybrid X Functional Zone Cyril Morain</p>	<p>18:30 - 19:30 Cardio Boxing Group Classes Studio Anais Allaer</p>			
<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Anais Allaer</p>	<p>18:30 - 19:30 Go Functional (SGT) Functional Zone Jero Vanderoost</p>	<p>19:30 - 20:30 HIIT Functional Zone Cyril Morain</p>	<p>18:30 - 19:30 GO HYBRID SGT(BE) Functional Zone Tom De Backer</p>			
<p>18:30 - 19:30 Strength For Women (SGT) Fitness Floor Wendy Maton</p>	<p>19:30 - 20:30 Zumba® Group Classes Studio Séverine Vyncke</p>		<p>19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Anais Allaer</p>			
<p>19:30 - 20:30 Crosstraining Functional Zone Cyril Morain</p>						
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