

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00 - 09:30 Mobility (SGT) Jaron Van de Kerckhove	17:00 - 18:00 POP Pilates®	08:15 - 09:15 Forever Fit (SGT) Galdino Noreillie	09:00 - 10:00 Yoga	08:15 - 09:15 GO HYBRID SGT - TYRUN (BE) Galdino Noreillie	09:00 - 10:00 Les Mills Bodyattack™	
09:30 - 10:30 Pilates	18:00 - 19:00 Conditioning (SGT) Galdino Noreillie	13:45 - 14:45 Strength For Women (SGT) Emmanuelle Decoster	17:00 - 18:00 Squat Bench Deadlift (SGT) Key De Weerd	09:30 - 10:30 Pilates	11:00 - 11:30 Mobility (SGT) Jaron Van de Kerckhove	
18:00 - 19:00 Pilates	18:00 - 19:00 Les Mills Bodypump™	16:00 - 17:00 Start To Workout (SGT) Key De Weerd	19:00 - 20:00 Les Mills Bodypump™	17:30 - 18:30 Yoga		
18:00 - 19:00 Strength For Women (SGT) Emmanuelle Decoster	19:00 - 20:00 Go Functional (SGT) Jaron Van de Kerckhove	17:00 - 18:00 BOXING FUNDAMENTALS (BE) Jaron Van de Kerckhove	20:00 - 21:00 Les Mills Bodyattack™			
19:00 - 20:00 GO HYBRID SGT(BE) Galdino Noreillie	19:00 - 20:00 Les Mills Bodyattack™	19:00 - 20:00 Step				
19:00 - 20:00 Les Mills Bodypump™		20:00 - 21:00 Yoga				
20:00 - 21:00 AFRODANCE (BE)						

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