

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
<p>09:00 - 09:30 Mobility (SGT) Functional Zone Jaron Van de Kerckhove</p>	<p>17:00 - 18:00 POP Pilates® Group Classes Studio Cromwell Cuvalay</p>	<p>16:00 - 17:00 Start To Workout (SGT) Fitness Floor Key De Weerd</p>	<p>17:00 - 18:00 Squat Bench Deadlift (SGT) Fitness Floor Key De Weerd</p>	<p>08:15 - 09:15 GO HYBRID SGT - TYRUN (BE) Functional Zone Galdino Noreillie</p>	<p>09:00 - 10:00 Les Mills Bodyattack™ Cromwell Cuvalay</p>	<p>09:30 - 10:30 Strength For Women (SGT) Functional Zone Emmanuelle Decoster</p>
<p>09:30 - 10:30 Pilates Group Classes Studio Sabine Van Hoecke</p>	<p>18:00 - 19:00 Conditioning (SGT) Functional Zone Galdino Noreillie</p>	<p>17:00 - 18:00 BOXING FUNDAMENTALS (BE) Group Classes Studio Jaron Van de Kerckhove</p>	<p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Annelies Raes</p>	<p>09:30 - 10:30 Pilates Group Classes Studio Sabine Van Hoecke</p>	<p>10:30 - 11:00 Mobility Functional Zone Jaron Van de Kerckhove</p>	
<p>17:30 - 18:30 Strength For Women (SGT) Functional Zone Emmanuelle Decoster</p>	<p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Cromwell Cuvalay</p>	<p>18:00 - 19:00 Core Group Classes Studio</p>	<p>20:00 - 21:00 Les Mills Bodyattack™ Group Classes Studio Cromwell Cuvalay</p>	<p>17:30 - 18:30 Yoga Group Classes Studio</p>	<p>11:00 - 11:30 Core Group Classes Studio Jaron Van de Kerckhove</p>	
<p>18:30 - 19:30 GO HYBRID SGT(BE) Functional Zone Galdino Noreillie</p>	<p>19:00 - 20:00 Go Functional (SGT) Functional Zone Jaron Van de Kerckhove</p>	<p>19:00 - 20:00 Step Group Classes Studio shauni Bruynseels</p>		<p>18:30 - 19:30 Summer bootcamp (SGT) Functional Zone Key De Weerd</p>		
<p>19:30 - 20:00 Prepare for running (SGT) Outdoors Emmanuelle Decoster</p>	<p>19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Cromwell Cuvalay</p>	<p>20:00 - 21:00 Yoga Group Classes Studio shauni Bruynseels</p>				
<p>20:00 - 21:00 AFRODANCE (BE) Group Classes Studio Mike Ngoyi ilunga</p>						

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