

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
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07:30 - 08:30  
**GO HYBRID SGT(BE)**  
 Functional Zone | Timo Duc

18:30 - 19:30  
**Strength For Women (SGT)**  
 Functional Zone | Katrien Foncé

17:00 - 18:00  
**Conditioning (SGT)**  
 Functional Zone | Timo Duc

10:00 - 10:45  
**Core**  
 Functional Zone | Timo Duc

12:30 - 13:00  
**Strength Training (SGT)**  
 Functional Zone | Katrien Foncé

19:45 - 20:05  
**Core**  
 Functional Zone | Katrien Foncé

18:00 - 19:00  
**Start To Workout (SGT)**  
 Timo Duc

13:30 - 14:30  
**GO HYBRID SGT(BE)**  
 Functional Zone | Timo Duc

13:00 - 13:10  
**Core**  
 Functional Zone | Katrien Foncé

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>07:30 - 08:30 <b>GO HYBRID SGT(BE)</b> Functional Zone   Timo Duc</p>	<p>18:30 - 19:30 <b>Strength For Women (SGT)</b> Functional Zone   Katrien Foncé</p>		<p>17:00 - 18:00 <b>Conditioning (SGT)</b> Functional Zone   Timo Duc</p>		<p>10:00 - 10:45 <b>Core</b> Functional Zone   Timo Duc</p>	<p>11:00 - 12:00 <b>Start To Workout (SGT)</b> Functional Zone   Katrien Foncé</p>
	<p>19:45 - 20:05 <b>Core</b> Functional Zone   Katrien Foncé</p>		<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Timo Duc</p>		<p>13:30 - 14:30 <b>GO HYBRID SGT(BE)</b> Functional Zone   Timo Duc</p>	