

MA, 13 JAN	DI, 14 JAN	WO, 15 JAN	DO, 16 JAN	VR, 17 JAN	ZA, 18 JAN	ZO, 19 JAN
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18:00 - 19:00  
**BBB**  
Functional Zone | Katrien Foncé

19:00 - 20:00  
**HIIT**  
Functional Zone | Alex Van den berghe

17:00 - 18:00  
**Suspension Training**  
Functional Zone | Wout Degline

18:00 - 19:00  
**Start To Workout (SGT)**  
Fitness Floor | Alex Van den berghe

19:30 - 20:30  
**Crosstraining**  
Functional Zone | Jims Kortrijk

17:30 - 18:30  
**Power**  
Functional Zone | Louis Fauvarque

18:30 - 19:00  
**Mobility (SGT)**  
Functional Zone | Louis Fauvarque

19:00 - 20:00  
**HIIT**  
Functional Zone | Wout Degline

17:00 - 18:00  
**Women's Strength Training (SGT)**  
| Katrien Foncé

18:00 - 19:00  
**Power**  
Functional Zone | Louis Fauvarque

19:00 - 20:00  
**Power**  
Functional Zone | Louis Fauvarque

MA, 20 JAN	DI, 21 JAN	WO, 22 JAN	DO, 23 JAN	VR, 24 JAN	ZA, 25 JAN	ZO, 26 JAN
<p>18:00 - 19:00 <b>BBB</b> Functional Zone   Katrien Foncé</p> <p>19:00 - 20:00 <b>HIIT</b> Functional Zone   Alex Van den berghe</p>	<p>17:00 - 18:00 <b>Suspension Training</b> Functional Zone   Wout Degline</p> <p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Alex Van den berghe</p> <p>19:30 - 20:30 <b>Crosstraining</b> Functional Zone   Jims Kortrijk</p>	<p>17:30 - 18:30 <b>Power</b> Functional Zone   Louis Fauvarque</p> <p>18:30 - 19:00 <b>Mobility (SGT)</b> Functional Zone   Louis Fauvarque</p> <p>19:00 - 20:00 <b>HIIT</b> Functional Zone   Wout Degline</p>	<p>17:00 - 18:00 <b>Women's Strength Training (SGT)</b>   Katrien Foncé</p> <p>18:00 - 19:00 <b>Power</b> Functional Zone   Louis Fauvarque</p> <p>19:00 - 20:00 <b>Power</b> Functional Zone   Louis Fauvarque</p>			