

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>18:00 - 19:00 Start To Workout (SGT) Jims Gent De Sterre</p>	<p>18:00 - 19:00 Strength For Women (SGT) Jims Gent De Sterre</p>	<p>12:30 - 13:00 Total Body Conditioning Jims Gent De Sterre</p>	<p>19:30 - 20:30 LES MILLS STRENGTH DEVELOPMENT (BE) Quinten Dhaemer Gripe</p>	<p>12:30 - 13:10 GO HYBRID SGT(BE) Functional Zone</p>	<p>10:00 - 10:30 HIIT Quinten Dhaemer Gripe</p>	
<p>20:00 - 20:45 Core Jims Gent De Sterre</p>	<p>19:15 - 20:00 GO HYBRID SGT(BE) Jims Gent De Sterre</p>	<p>17:00 - 17:30 Mobility (SGT) Jims Gent De Sterre</p>			<p>10:30 - 11:00 Core Quinten Dhaemer Gripe</p>	
		<p>18:00 - 18:45 Move For Health (SGT) Quinten Dhaemer Gripe</p>			<p>11:00 - 12:00 HIIT Boxing Quinten Dhaemer Gripe</p>	
		<p>19:00 - 20:00 HIIT Boxing Quinten Dhaemer Gripe</p>				
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