

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>10:00 - 10:30 <b>Core</b> Functional Zone   Tarik Kaya</p> <p>10:30 - 11:30 <b>Hybrid X</b> Functional Zone   Tarik Kaya</p>	<p>14:00 - 15:00 <b>Strength For Women (SGT)</b> Fitness Floor   Ian Van de Veire</p> <p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Merel Van Damme</p>	<p>09:30 - 10:00 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel</p> <p>10:00 - 10:30 <b>Core</b> Functional Zone   Matthias Criel</p>	<p>16:00 - 16:45 <b>Move For Health (SGT)</b> Fitness Floor   Ian Van de Veire</p> <p>17:00 - 18:00 <b>Start To Workout (SGT)</b> Fitness Floor   Ian Van de Veire</p>	<p>10:00 - 10:30 <b>Core</b> Functional Zone   Matthias Criel</p> <p>10:30 - 11:00 <b>Fitball</b> Functional Zone   Matthias Criel</p>		
<p>13:00 - 14:00 <b>Start To Workout (SGT)</b> Fitness Floor   Ian Van de Veire</p> <p>17:00 - 18:00 <b>Healthy Back (SGT)</b> Fitness Floor   Ferre Goossen</p> <p>18:00 - 18:45 <b>Conditioning (SGT)</b> Fitness Floor   Ian Van de Veire</p>	<p>18:45 - 19:15 <b>Fitball</b> Functional Zone   Matthias Criel</p> <p>19:00 - 19:45 <b>Conditioning (SGT)</b> Fitness Floor   Cindy Roels</p> <p>19:15 - 20:15 <b>Pilates</b> Functional Zone   Matthias Criel</p>	<p>10:30 - 11:30 <b>Crosstraining</b> Functional Zone   Matthias Criel</p> <p>14:00 - 14:45 <b>Conditioning (SGT)</b> Fitness Floor   Cindy Roels</p> <p>18:00 - 18:45 <b>Forever Fit (SGT)</b> Fitness Floor   Merel Van Damme</p>	<p>18:45 - 19:15 <b>CIRCL MOBILITY™ (BE)</b> Functional Zone   Merel Van Damme</p> <p>19:15 - 20:15 <b>Yoga</b> Functional Zone   Merel Van Damme</p> <p>20:15 - 20:45 <b>Sculpt</b> Functional Zone   Merel Van Damme</p>	<p>11:00 - 11:30 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel</p>		
<p>18:45 - 19:15 <b>Core</b> Functional Zone   Tarik Kaya</p> <p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Ian Van de Veire</p>	<p>20:00 - 21:00 <b>Strength For Women (SGT)</b> Fitness Floor   Ferre Goossen</p> <p>20:15 - 21:15 <b>BBB</b> Functional Zone   Matthias Criel</p>	<p>19:00 - 19:30 <b>Core</b> Functional Zone   Ferre Goossen</p> <p>19:00 - 20:00 <b>Strength For Women (SGT)</b> Fitness Floor   Merel Van Damme</p>	<p>20:45 - 21:15 <b>Core</b> Functional Zone   Merel Van Damme</p>			
<p>19:15 - 20:15 <b>BBB</b> Functional Zone   Tarik Kaya</p> <p>20:00 - 20:45 <b>Forever Fit (SGT)</b> Fitness Floor   Ferre Goossen</p>		<p>19:30 - 20:30 <b>Power</b> Functional Zone   Ferre Goossen</p> <p>20:30 - 21:00 <b>Fitball</b> Functional Zone   Ferre Goossen</p>				
<p>20:15 - 21:15 <b>Hybrid X</b> Functional Zone   Tarik Kaya</p>						

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	<p>18:45 - 19:15 <b>Fitball</b> Functional Zone   Matthias Criel</p>	<p>10:30 - 11:30 <b>Crosstraining</b> Functional Zone   Matthias Criel</p>	<p>18:45 - 19:15 <b>CIRCL MOBILITY™ (BE)</b> Functional Zone   Merel Van Damme</p>	<p>11:00 - 11:30 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel</p>		
	<p>19:00 - 19:45 <b>Conditioning (SGT)</b> Fitness Floor   Cindy Roels</p>	<p>14:00 - 14:45 <b>Conditioning (SGT)</b> Fitness Floor   Cindy Roels</p>	<p>19:15 - 20:15 <b>Yoga</b> Functional Zone   Merel Van Damme</p>			
	<p>19:15 - 20:15 <b>Pilates</b> Functional Zone   Matthias Criel</p>	<p>18:00 - 18:45 <b>Forever Fit (SGT)</b> Fitness Floor   Merel Van Damme</p>	<p>20:15 - 20:45 <b>Sculpt</b> Functional Zone   Merel Van Damme</p>			
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