

MA, 21 APR	DI, 22 APR	WO, 23 APR	DO, 24 APR	VR, 25 APR	ZA, 26 APR	ZO, 27 APR
10:00 - 10:30 Core Functional Zone Matthias Criel	14:00 - 15:00 Women's Strength Training (SGT) Fitness Floor Ian Van de veire	09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel	17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de veire	10:00 - 10:30 Core Functional Zone Matthias Criel		
10:30 - 11:30 BBB Functional Zone Matthias Criel	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Merel Van Damme	10:00 - 10:30 Core Functional Zone Matthias Criel	18:45 - 19:15 Total Body Conditioning Functional Zone Matthias Criel	10:30 - 11:00 Fitball Functional Zone Matthias Criel		
13:00 - 14:00 Start To Workout (SGT) Ian Van de veire	18:45 - 19:15 Fitball Functional Zone Matthias Criel	10:30 - 11:30 Crosstraining Functional Zone Matthias Criel	19:15 - 20:15 Strongman Functional Zone Matthias Criel	11:00 - 11:30 Total Body Conditioning Functional Zone Matthias Criel		
17:00 - 17:45 Healthy Back (SGT) Fitness Floor Ferre Goossen	19:00 - 19:45 Conditionnement (SGT) Fitness Floor Cindy Roels	14:00 - 14:45 Conditionnement (SGT) Fitness Floor Cindy Roels	20:15 - 21:15 Pilates Functional Zone Matthias Criel			
18:00 - 18:45 Conditionnement (SGT) Ian Van de veire	19:15 - 20:15 Pilates Functional Zone Matthias Criel	18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Merel Van Damme				
18:45 - 19:15 Core Functional Zone Matthias Criel	20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen	18:45 - 19:15 Core Functional Zone Matthias Criel				
19:00 - 20:00 Start To Workout (SGT) Fitness Floor Merel Van Damme	20:15 - 21:15 BBB Functional Zone Matthias Criel	19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen				
19:15 - 20:15 BBB Functional Zone Matthias Criel		19:15 - 20:15 XCORE ® (BE) Functional Zone Liese Daelman				
20:00 - 20:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen		20:00 - 21:00 Start To Workout (SGT) Fitness Floor Merel Van Damme				
20:15 - 21:15 Crosstraining Functional Zone Matthias Criel		20:15 - 21:15 Power Functional Zone Liese Daelman				

MA, 28 APR	DI, 29 APR	WO, 30 APR	DO, 01 MEI	VR, 02 MEI	ZA, 03 MEI	ZO, 04 MEI
10:00 - 10:30 Core Functional Zone Matthias Criel	14:00 - 15:00 Women's Strength Training (SGT) Fitness Floor Ian Van de veire	09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel	17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de veire	10:00 - 10:30 Core Functional Zone Matthias Criel		
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18:00 - 18:45 Conditionnement (SGT) Ian Van de veire	19:15 - 20:15 Pilates Functional Zone Matthias Criel	18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Merel Van Damme				
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