

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:00 Cardio Ride Cycling Cube Bernard Passchier	08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	08:00 - 09:00 HYROX Performance Cube David Todero	08:00 - 09:00 Crosstraining Functional Zone Antoni Mammarella	11:30 - 12:30 Yoga Group Classes Studio Floriana Palmieri	10:00 - 11:00 Pilates Group Classes Studio Kenia Bento dos reis
12:15 - 13:00 HIIT Power Performance Cube Aurelie Tuli	12:15 - 13:00 Pilates Group Classes Studio Kenia Bento dos reis	12:15 - 13:15 HYROX Performance Cube Jims Porte de Namur	17:00 - 18:00 Crosstraining Functional Zone Antoni Mammarella	12:15 - 13:00 Pilates Group Classes Studio Jims Porte de Namur	12:30 - 13:30 Strength Ride Cycling Cube Lars Ritter	10:30 - 11:30 HIIT Stamina Performance Cube Laurent Bouvry
12:15 - 13:00 TAF Group Classes Studio Simone Lima	13:00 - 13:45 Yoga Group Classes Studio Kenia Bento dos reis	12:15 - 13:00 Sculpt Group Classes Studio Simone Lima	17:30 - 18:30 HYROX Performance Cube David Todero	12:30 - 13:30 Cardio Ride Cycling Cube Stephane Albi	14:00 - 15:00 Jims Jump Group Classes Studio Jims Porte de Namur	11:00 - 12:00 Yoga Group Classes Studio Kenia Bento dos reis
13:00 - 13:45 Pilates Group Classes Studio Rafik Abdulrah	17:30 - 18:30 Healthy Back (SGT) Group Classes Studio Antoni Mammarella	13:00 - 13:45 Core Group Classes Studio Ugo Chimah	17:30 - 18:30 Sculpt Group Classes Studio Jims Porte de Namur	13:00 - 13:45 Yoga Group Classes Studio Jims Porte de Namur	15:45 - 16:30 Total Body Conditioning Group Classes Studio Antoni Mammarella	11:30 - 12:30 Cardio Ride Cycling Cube Vanda cristina Serralheiro custodio
17:30 - 18:30 HIIT Stamina Performance Cube Maria gioia Gowar	18:30 - 19:30 HIIT Power Performance Cube Maria gioia Gowar	17:30 - 18:30 HIIT Power Performance Cube Maria gioia Gowar	18:30 - 19:30 HIIT Power Performance Cube Aurelie Tuli	17:30 - 18:30 HIIT Speed Performance Cube Aurelie Tuli		11:30 - 12:30 Cardio Ride Cycling Cube Vanda cristina Serralheiro custodio
17:30 - 18:30 Les Mills Bodypump™ Group Classes Studio Antoine Tack	18:30 - 19:30 Interval ride Cycling Cube Rafik Abdulrah	17:30 - 18:30 Yoga Group Classes Studio Kenia Bento dos reis	18:30 - 19:30 Interval ride Cycling Cube Lars Ritter	18:30 - 19:30 Free Ride Cycling Cube Jims Porte de Namur		14:30 - 15:30 TAF Group Classes Studio Ugo Chimah
18:30 - 19:30 Cardio Ride Cycling Cube Stephane Albi	18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Deborah Noel	18:15 - 19:15 Mobility Dieph-Standle Eliassaint		18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Mitchel Terhoeven		
18:30 - 19:30 HYROX Cross Cube Maria gioia Gowar	19:30 - 20:30 Core Group Classes Studio Ugo Chimah	18:30 - 19:30 Free Ride Cycling Cube Vanda cristina Serralheiro custodio				
18:30 - 19:30 Yoga Group Classes Studio Maria Kenesei		18:30 - 19:30 HIIT Speed Performance Cube Aurelie Tuli				
19:30 - 20:30 Zumba® Group Classes Studio Maria gioia Gowar		18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Jims Porte de Namur				
		19:30 - 20:30 Capoeira Group Classes Studio Bruno Saial Mexia Da Silva				

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