

| MAANDAG  | DINSDAG  | WOENSDAG  | DONDERDAG  | VRIJDAG  | ZATERDAG  | ZONDAG  |
|--|--|---|--|--|---|---|
| 07:30 - 08:30<br><b>Free Ride</b><br>Lars Ritter                                   | 12:15 - 13:00<br><b>Animal Flow</b><br>Group Classes Studio   Bruno Saial<br>Mexia Da Silva  | 08:00 - 09:00<br><b>Crosstraining</b><br>Functional Zone   Antoni Mammarella            | 08:00 - 09:00<br><b>HYROX</b><br>Performance Cube   David Todero             | 08:00 - 09:00<br><b>Crosstraining</b><br>Performance Cube   Antoni Mammarella        | 11:30 - 12:30<br><b>Yoga</b><br>Group Classes Studio   Floriana Palmieri                    | 10:30 - 11:30<br><b>HIIT Stamina</b><br>Performance Cube   Laurent Bouvry                 |
| 08:00 - 09:00<br><b>Crosstraining</b><br>Functional Zone   Antoni Mammarella       | 12:15 - 13:00<br><b>Cardio Ride</b><br>Cycling Cube   Bernard Passchier                      | 12:15 - 13:15<br><b>HYROX</b><br>Performance Cube   Jims Porte de Namur                 | 12:15 - 13:00<br><b>Yoga</b><br>Group Classes Studio   Jims Porte de Namur   | 12:15 - 13:00<br><b>Pilates</b><br>Group Classes Studio   Jims Porte de Namur        | 12:30 - 13:30<br><b>Les Mills Bodyattack™</b><br>Group Classes Studio   Lester Monfils      | 11:30 - 12:30<br><b>Cardio Ride</b><br>Cycling Cube   Vanda cristina Serralheiro custodio |
| 12:15 - 13:00<br><b>HIIT Power</b><br>Performance Cube   Aurelie Tuli              | 12:15 - 13:15<br><b>HYROX Power</b><br>Performance Cube   Clémentine Louis                   | 12:15 - 13:00<br><b>Sculpt</b><br>Group Classes Studio   Simone Lima                    | 13:00 - 14:00<br><b>HYROX Power</b><br>Performance Cube   Clémentine Louis   | 12:30 - 13:30<br><b>Cardio Ride</b><br>Cycling Cube   Stephane Albi                  | 12:30 - 13:30<br><b>Strength Ride</b><br>Cycling Cube   Vanda cristina Serralheiro custodio | 13:30 - 14:30<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis               |
| 12:15 - 13:00<br><b>TAF</b><br>Group Classes Studio   Simone Lima                  | 12:15 - 13:00<br><b>Start To Workout (SGT)</b><br>Functional Zone   Dieph-Standle Eliassaint | 13:00 - 13:45<br><b>Core</b><br>Group Classes Studio   Ugo Chimah                       | 13:00 - 13:45<br><b>TAF</b><br>Group Classes Studio   Jims Porte de Namur    | 13:00 - 14:00<br><b>Strength For Women (SGT)</b><br>Functional Zone   Alice Courtois | 14:00 - 15:00<br><b>Jims Jump</b><br>Group Classes Studio   Jims Porte de Namur             | 14:30 - 15:30<br><b>TAF</b><br>Group Classes Studio   Ugo Chimah                          |
| 13:00 - 13:45<br><b>Pilates</b><br>Group Classes Studio   Rafik Abdulrah           | 13:00 - 14:00<br><b>Crosstraining</b><br>Functional Zone   Antoni Mammarella                 | 17:30 - 18:30<br><b>HIIT Power</b><br>Performance Cube   Minh Truong                    | 17:00 - 18:00<br><b>Crosstraining</b><br>Functional Zone   Antoni Mammarella | 13:00 - 13:45<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis          | 14:00 - 15:00<br><b>Squat Bench Deadlift (SGT)</b><br>Performance Cube   Fatima Elouafi     |   |
| 17:30 - 18:30<br><b>HIIT Stamina</b><br>Performance Cube   Maria gioia Gowar       | 13:00 - 13:45<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis                  | 17:30 - 18:30<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis             | 17:30 - 18:30<br><b>HYROX</b><br>Performance Cube   David Todero             | 17:30 - 18:30<br><b>HIIT Speed</b><br>Performance Cube   Aurelie Tuli                | 15:45 - 16:30<br><b>Total Body Conditioning</b><br>Group Classes Studio   Antoni Mammarella |   |
| 17:30 - 18:30<br><b>Les Mills Bodypump™</b><br>Group Classes Studio   Antoine Tack | 17:30 - 18:30<br><b>Healthy Back (SGT)</b><br>Group Classes Studio   Antoni Mammarella       | 18:00 - 18:45<br><b>Mobility (SGT)</b><br>Functional Zone   Dieph-Standle Eliassaint    | 17:30 - 18:30<br><b>Sculpt</b><br>Group Classes Studio   Jims Porte de Namur | 18:30 - 19:30<br><b>Free Ride</b><br>Cycling Cube   Jims Porte de Namur              |   |   |
| 18:30 - 19:30<br><b>Cardio Ride</b><br>Cycling Cube   Stephane Albi                | 18:30 - 19:30<br><b>HIIT Power</b><br>Performance Cube   Minh Truong                         | 18:30 - 19:30<br><b>Free Ride</b><br>Cycling Cube   Vanda cristina Serralheiro custodio | 18:30 - 19:30<br><b>HIIT Power</b><br>Performance Cube   Aurelie Tuli        |  |   |   |
| 18:30 - 19:30<br><b>HYROX</b><br>Cross Cube   Maria gioia Gowar                    | 18:30 - 19:30<br><b>Interval ride</b><br>Cycling Cube   Rafik Abdulrah                       | 18:30 - 19:30<br><b>HIIT Speed</b><br>Performance Cube   Aurelie Tuli                   | 18:30 - 19:30<br><b>Interval ride</b><br>Cycling Cube   Jims Porte de Namur  |  |   |   |
| 18:30 - 19:30<br><b>Yoga</b><br>Group Classes Studio   Maria Kenesei               | 18:30 - 19:30<br><b>Les Mills Bodyattack™</b><br>Group Classes Studio   Deborah Noel         | 18:30 - 19:30<br><b>Les Mills Bodypump™</b><br>Group Classes Studio   Laurent Bouvry    | 19:30 - 20:30<br><b>Zumba®</b><br>Group Classes Studio   Aurelie Tuli        |  |   |   |
| 19:30 - 20:30<br><b>Zumba®</b><br>Group Classes Studio   Maria gioia Gowar         | 19:30 - 20:30<br><b>Core</b><br>Group Classes Studio   Ugo Chimah                            |   |  |  |   |   |

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|---|--|---|--|--|---|---|
| 12:15 - 13:00<br><b>HIIT Power</b><br>Performance Cube   Aurelie Tuli | 12:15 - 13:00<br><b>Animal Flow</b><br>Group Classes Studio   Bruno Saial Mexia Da Silva     | 08:00 - 09:00<br><b>Crosstraining</b><br>Functional Zone   Antoni Mammarella            | 08:00 - 09:00<br><b>HYROX</b><br>Performance Cube   David Todero             | 08:00 - 09:00<br><b>Crosstraining</b><br>Performance Cube   Antoni Mammarella                  | 11:30 - 12:30<br><b>Yoga</b><br>Group Classes Studio   Floriana Palmieri                    | 10:30 - 11:30<br><b>HIIT Stamina</b><br>Performance Cube   Laurent Bouvry                 |
| 12:15 - 13:00<br><b>TAF</b><br>Group Classes Studio   Simone Lima     | 12:15 - 13:00<br><b>Cardio Ride</b><br>Cycling Cube   Bernard Passchier                      | 12:15 - 13:15<br><b>HYROX</b><br>Performance Cube   Jims Porte de Namur                 | 12:15 - 13:00<br><b>Yoga</b><br>Group Classes Studio   Jims Porte de Namur   | 12:15 - 13:00<br><b>Pilates</b><br>Group Classes Studio   Jims Porte de Namur                  | 12:30 - 13:30<br><b>Les Mills Bodyattack™</b><br>Group Classes Studio   Lester Monfils      | 11:30 - 12:30<br><b>Cardio Ride</b><br>Cycling Cube   Vanda cristina Serralheiro custodio |
|   | 12:15 - 13:15<br><b>HYROX Power</b><br>Performance Cube   Clémentine Louis                   | 12:15 - 13:00<br><b>Sculpt</b><br>Group Classes Studio   Simone Lima                    | 13:00 - 14:00<br><b>HYROX Power</b><br>Performance Cube   Clémentine Louis   | 12:30 - 13:30<br><b>Cardio Ride</b><br>Cycling Cube   Stephane Albi                            | 12:30 - 13:30<br><b>Strength Ride</b><br>Cycling Cube   Vanda cristina Serralheiro custodio | 11:30 - 12:30<br><b>Cardio Ride</b><br>Cycling Cube   Vanda cristina Serralheiro custodio |
|   | 12:15 - 13:00<br><b>Start To Workout (SGT)</b><br>Functional Zone   Dieph-Standle Eliassaint | 13:00 - 13:45<br><b>Core</b><br>Group Classes Studio   Ugo Chimah                       | 13:00 - 13:45<br><b>TAF</b><br>Group Classes Studio   Jims Porte de Namur    | 13:00 - 14:00<br><b>Strength For Women (SGT)</b><br>Functional Zone   Dieph-Standle Eliassaint | 14:00 - 15:00<br><b>Jims Jump</b><br>Group Classes Studio   Jims Porte de Namur             | 13:30 - 14:30<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis               |
|   | 13:00 - 14:00<br><b>Crosstraining</b><br>Functional Zone   Antoni Mammarella                 | 17:30 - 18:30<br><b>HIIT Power</b><br>Performance Cube   Maria gioia Gowar              | 17:00 - 18:00<br><b>Crosstraining</b><br>Functional Zone   Antoni Mammarella | 13:00 - 13:45<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis                    | 14:00 - 15:00<br><b>Squat Bench Deadlift (SGT)</b><br>Performance Cube   Fatima Elouafi     | 14:30 - 15:30<br><b>TAF</b><br>Group Classes Studio   Ugo Chimah                          |
|   | 13:00 - 13:45<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis                  | 17:30 - 18:30<br><b>Yoga</b><br>Group Classes Studio   Kenia Bento dos reis             | 17:30 - 18:30<br><b>HYROX</b><br>Performance Cube   David Todero             | 17:30 - 18:30<br><b>HIIT Speed</b><br>Performance Cube   Aurelie Tuli                          | 15:45 - 16:30<br><b>Total Body Conditioning</b><br>Group Classes Studio   Antoni Mammarella |   |
|   | 17:30 - 18:30<br><b>Healthy Back (SGT)</b><br>Group Classes Studio   Antoni Mammarella       | 18:00 - 18:45<br><b>Mobility (SGT)</b><br>Functional Zone   Dieph-Standle Eliassaint    | 17:30 - 18:30<br><b>Sculpt</b><br>Group Classes Studio   Jims Porte de Namur | 17:30 - 18:30<br><b>Les Mills Bodycombat™</b><br>Group Classes Studio   Mitchel Terhoeven      |   |   |
|   | 18:30 - 19:30<br><b>HIIT Power</b><br>Performance Cube   Maria gioia Gowar                   | 18:30 - 19:30<br><b>Free Ride</b><br>Cycling Cube   Vanda cristina Serralheiro custodio | 18:30 - 19:30<br><b>HIIT Power</b><br>Performance Cube   Aurelie Tuli        | 18:30 - 19:30<br><b>Free Ride</b><br>Cycling Cube   Jims Porte de Namur                        |   |   |
|   | 18:30 - 19:30<br><b>Interval ride</b><br>Cycling Cube   Rafik Abdulrah                       | 18:30 - 19:30<br><b>HIIT Speed</b><br>Performance Cube   Aurelie Tuli                   | 18:30 - 19:30<br><b>Interval ride</b><br>Cycling Cube   Jims Porte de Namur  | 18:30 - 19:30<br><b>Les Mills Bodypump™</b><br>Group Classes Studio   Kandi Tshimuanga         |   |   |
|   | 18:30 - 19:30<br><b>Les Mills Bodyattack™</b><br>Group Classes Studio   Deborah Noel         | 18:30 - 19:30<br><b>Les Mills Bodypump™</b><br>Group Classes Studio   Laurent Bouvry    | 19:30 - 20:30<br><b>Zumba®</b><br>Group Classes Studio   Aurelie Tuli        |  |   |   |
|   | 19:30 - 20:30<br><b>Core</b><br>Group Classes Studio   Ugo Chimah                            |   |  |  |   |   |