

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:30 - 10:30 Pilates Benjamin Gesnot	10:30 - 11:30 Pilates Body & Mind Cube Thierry Amirat	09:30 - 10:30 Sculpt Group Classes Studio Benjamin Gesnot	10:30 - 11:30 Pilates Body & Mind Cube Thierry Amirat	09:30 - 10:30 Pilates Body & Mind Cube Benjamin Gesnot	10:00 - 11:00 Crosstraining Functional Zone Elodie Mauquoi	11:00 - 12:00 Les Mills Core™ Group Classes Studio Thierry Amirat
12:30 - 13:30 Yoga Body & Mind Cube Sylvianne Dekens	12:15 - 13:00 Crosstraining Functional Zone Thierry Amirat	10:30 - 11:30 Yin Yoga Body & Mind Cube Sylvianne Dekens	12:10 - 13:10 Crosstraining Functional Zone Thierry Amirat	10:30 - 11:30 Vinyasa Yoga Body & Mind Cube Sylvianne Dekens	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Babak Godazandeh	13:15 - 14:15 Yoga Body & Mind Cube Praxe Moreno
17:00 - 18:00 Dance Group Classes Studio Vanessa Nellessen	18:00 - 19:00 Hybrid X Functional Zone David Todero	11:45 - 12:45 Icebath Body & Mind Cube Jims Jette	12:30 - 13:00 Mobility (SGT) Functional Zone Jims Jette	11:30 - 12:30 Breathwork Body & Mind Cube Sylvianne Dekens	11:00 - 12:00 Les Mills Bodyattack™ Group Classes Studio Thierry Amirat	
18:00 - 19:00 Start To Workout (SGT) Fitness Floor Tom Kawende Dupya	18:00 - 19:00 Sculpt Elodie Mauquoi	17:00 - 18:30 BODY & MIND (BE) Body & Mind Cube Fabien Carion	18:00 - 19:00 Les Mills Core™ Group Classes Studio Thierry Amirat	17:00 - 18:00 TAF Group Classes Studio David Todero	12:15 - 13:10 Zumba® Group Classes Studio Vanessa Nellessen	
18:00 - 19:00 Zumba® Group Classes Studio Vanessa Nellessen	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Tom Kawende Dupya	17:00 - 18:00 Core Group Classes Studio Thierry Amirat	18:30 - 19:30 Hybrid X Functional Zone Elodie Mauquoi	18:00 - 19:00 Crosstraining Functional Zone David Todero	13:15 - 14:15 Pilates Group Classes Studio Thierry Amirat	
18:30 - 19:30 Crosstraining Functional Zone Elodie Mauquoi	18:00 - 19:00 Yin Yoga Body & Mind Cube Sylvianne Dekens	18:00 - 19:00 Go Functional (SGT) Fitness Floor Tom Kawende Dupya	19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Thierry Amirat	18:00 - 19:00 Zumba® Group Classes Studio Jims Jette	14:15 - 15:15 Pilates Group Classes Studio Thierry Amirat	
18:45 - 19:45 Vinyasa Yoga Body & Mind Cube Sylvianne Dekens	19:00 - 19:45 ABDO WOD (BE) Group Classes Studio David Todero	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Thierry Amirat				
19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Thierry Amirat	19:00 - 20:00 Flow Body & Mind Cube Elodie Mauquoi	18:30 - 19:30 Crosstraining Functional Zone Elodie Mauquoi				
19:00 - 20:00 Strength For Women (SGT) Fitness Floor Marie Martins	19:00 - 20:00 Strength For Women (SGT) Fitness Floor Marie Martins	19:00 - 20:00 Crosstraining Group Classes Studio Thierry Amirat				

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12:30 - 13:30 Yoga Body & Mind Cube Sylvianne Dekens	12:10 - 13:00 Crosstraining Functional Zone Thierry Amirat	10:30 - 11:30 Yin Yoga Body & Mind Cube Sylvianne Dekens	12:10 - 13:00 Crosstraining Functional Zone Thierry Amirat	10:30 - 11:30 Vinyasa Yoga Body & Mind Cube Sylvianne Dekens	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Babak Godazandeh	12:00 - 13:00 Kick Group Classes Studio Rosa Chamochumbi
17:00 - 18:00 Dance Group Classes Studio Vanessa Nellessen	18:00 - 19:00 Hybrid X Functional Zone David Todero	11:45 - 12:45 Icebath Body & Mind Cube Jims Jette	18:00 - 19:00 Les Mills Core™ Group Classes Studio Thierry Amirat	11:30 - 12:30 Breathwork Body & Mind Cube Sylvianne Dekens	11:00 - 12:00 Les Mills Bodyattack™ Group Classes Studio Thierry Amirat	13:15 - 14:15 Yoga Body & Mind Cube Praxe Moreno
18:00 - 19:00 Start To Workout (SGT) Fitness Floor Tom Kawende Dupya	18:00 - 19:00 Sculpt Elodie Mauquoi	17:00 - 18:30 BODY & MIND (BE) Body & Mind Cube Fabien Carion	18:30 - 19:30 Hybrid X Functional Zone Elodie Mauquoi	17:00 - 18:00 TAF Group Classes Studio David Todero	12:15 - 13:10 Zumba® Group Classes Studio Vanessa Nellessen	
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18:30 - 19:30 Crosstraining Functional Zone Elodie Mauquoi	18:00 - 19:00 Yin Yoga Body & Mind Cube Sylvianne Dekens	18:00 - 19:00 Go Functional (SGT) Fitness Floor Tom Kawende Dupya		18:00 - 19:00 Zumba® Group Classes Studio Jims Jette	14:15 - 15:15 Pilates Group Classes Studio Thierry Amirat	
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