

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
11:00 - 12:00 Core Group Classes Studio David Todero	07:15 - 08:15 Hybrid X Functional Zone David Todero	10:15 - 11:15 Pilates Brigitte Hellebuyck	10:30 - 11:15 ABDO WOD (BE) Group Classes Studio Rochdi Kassas	10:30 - 11:30 TAF David Todero	09:00 - 10:00 COACH BY COLOR® Connect Cycling Cube (BE) Cycling Cube Gregory Pauquet	10:00 - 10:45 ABDO WOD (BE) Group Classes Studio Jérémie Akwesi
12:00 - 13:00 Weight Health (SGT) Marie Lennertz	10:15 - 11:15 TAF David Todero	13:00 - 14:00 Weight Health (SGT) Functional Zone Marie Lennertz	12:15 - 13:15 Yoga Group Classes Studio Brigitte Hellebuyck	12:00 - 13:00 Core Group Classes Studio David Todero	09:00 - 10:00 Cardio Boxing Group Classes Studio Kiki François	11:15 - 12:15 Zumba® Marleen Larivière Larivière
17:00 - 18:00 Squat Bench Deadlift (SGT) Functional Zone Mario Magro	12:00 - 13:00 Strength For Women (SGT) Functional Zone Marie Lennertz	17:00 - 18:00 Boxing Mohamed Touré	13:00 - 14:00 Go Functional (SGT) Functional Zone Marie Lennertz	18:00 - 19:00 Sculpt Group Classes Studio Cécile Dekemper	10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Julie Vanschuerbeek	12:30 - 13:30 Boxing Mohamed Touré
18:00 - 19:00 COACH BY COLOR® Connect Cycling Cube (BE) Cycling Cube Gregory Pauquet	17:00 - 18:00 Squat Bench Deadlift (SGT) Functional Zone Mario Magro	17:00 - 18:00 Squat Bench Deadlift (SGT) Functional Zone Edouard Vanhamme	17:00 - 18:00 Booty Marie Lennertz	19:15 - 20:15 Pilates Group Classes Studio Cécile Dekemper	11:00 - 12:00 Crosstraining Functional Zone Rochdi Kassas	12:30 - 13:30 Calisthenics Jérémie Akwesi
18:00 - 19:00 TAF David Todero	18:00 - 19:00 Kick Group Classes Studio Rosa Chamochumbi	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Julie Vanschuerbeek	18:00 - 19:00 COACH BY COLOR® Cycling (BE) Vanda cristina Serralheiro custodio		11:15 - 12:15 Les Mills Bodyattack™ Group Classes Studio Julie Vanschuerbeek	
18:00 - 19:00 Weight Health (SGT) Yassin Aydouni	18:30 - 19:30 Indoor Cycling Alain Nekkebroek	18:30 - 19:30 Weight Health (SGT) Yassin Aydouni	18:00 - 19:00 Calisthenics Functional Zone Jérémie Akwesi			
19:15 - 20:15 Crosstraining Functional Zone David Todero	18:30 - 19:30 Start To Workout (SGT) Fitness Floor Yassin Aydouni	19:15 - 20:15 Les Mills Bodyattack™ Group Classes Studio Julie Vanschuerbeek	18:00 - 19:00 Dance Group Classes Studio Alison Van den broeck			
19:15 - 20:15 Yoga Group Classes Studio Brigitte Hellebuyck	19:15 - 20:15 Les Mills Bodypump™ Thierry Amirat	20:30 - 21:30 Pilates Group Classes Studio Cécile Dekemper	19:00 - 20:00 Crosstraining Functional Zone Jérémie Akwesi			
20:30 - 21:30 Zumba® Mouna Assoufi	20:30 - 21:30 Yin Yoga Brigitte Hellebuyck		19:15 - 20:15 Kick Group Classes Studio Rosa Chamochumbi			

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