

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>10:00 - 10:45 <b>Pilates</b> Group Classes Studio   Nanou Cannone</p>	<p>10:00 - 10:30 <b>Mobility (SGT)</b></p>	<p>12:30 - 13:15 <b>HIIT</b> Functional Zone   Jessica Vanlaer</p>	<p>12:00 - 13:00 <b>Healthy Back (SGT)</b></p>	<p>11:00 - 12:00 <b>TAF</b> Group Classes Studio   Laura Rodriguez</p>	<p>10:00 - 11:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Marie-sophie Rousseau</p>	<p>10:00 - 11:00 <b>Crosstraining</b> Functional Zone   Anouar Kassas</p>
<p>12:30 - 13:30 <b>Core</b> Functional Zone</p>	<p>12:45 - 13:30 <b>Pilates</b> Group Classes Studio   Nanou Cannone</p>	<p>12:30 - 13:20 <b>TAF</b> Group Classes Studio   Caroline Madenski</p>	<p>12:30 - 13:30 <b>Core</b> Functional Zone   Candice Fagel</p>	<p>12:30 - 13:30 <b>Pilates</b> Group Classes Studio   Nanou Cannone</p>	<p>10:30 - 11:30 <b>Crosstraining</b> Functional Zone   Anouar Kassas</p>	<p>10:00 - 11:00 <b>Yoga</b> Group Classes Studio   Laura Lins</p>
<p>18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Deborah Noel</p>	<p>17:30 - 18:30 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   François Thomas</p>	<p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Functional Zone</p>	<p>12:30 - 13:30 <b>Pilates</b> Group Classes Studio   Nanou Cannone</p>		<p>11:00 - 12:00 <b>Dance</b> Group Classes Studio   Nassira Assahraoui</p>	<p>11:00 - 12:00 <b>HIIT</b> Functional Zone   Anouar Kassas</p>
<p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Functional Zone   Clemence Devillers</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Studio   Vanda cristina Serralheiro custodio</p>	<p>18:30 - 19:30 <b>Crosstraining</b> Functional Zone   Caroline Madenski</p>	<p>17:00 - 18:00 <b>Squat Bench Deadlift (SGT)</b> Functional Zone   François Thomas</p>		<p>11:00 - 11:45 <b>Indoor Cycling</b> Cycling Studio   Gregory Pauquet</p>	<p>11:00 - 12:00 <b>TAF</b> Group Classes Studio   Laura Rodriguez</p>
<p>18:30 - 19:30 <b>Crosstraining</b> Functional Zone   Phili Lombala</p>	<p>18:30 - 19:30 <b>Pilates</b> Group Classes Studio   Floriana Palmieri</p>	<p>18:30 - 19:30 <b>Sculpt</b> Group Classes Studio   Vanessa Nellessen</p>	<p>17:30 - 18:30 <b>Sculpt</b> Group Classes Studio   Magicline Magicline</p>		<p>12:30 - 13:30 <b>Yoga</b> Group Classes Studio   Kenia Bento dos reis</p>	<p>12:00 - 12:45 <b>Mobility</b> Group Classes Studio   Laura Rodriguez</p>
<p>19:00 - 20:00 <b>HIIT Boxing</b> Group Classes Studio   Kadima Kabangu</p>	<p>18:30 - 19:30 <b>Strength For Women (SGT)</b> Functional Zone   Jordan Busiau</p>	<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Clemence Devillers</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cindy Legros</p>		<p>13:30 - 14:30 <b>Pilates</b> Group Classes Studio   Kenia Bento dos reis</p>	
<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jordan Busiau</p>	<p>19:30 - 20:30 <b>Hybrid X</b> Functional Zone   Anouar Kassas</p>	<p>19:30 - 20:30 <b>Crosstraining</b> Functional Zone   Caroline Madenski</p>	<p>18:30 - 19:30 <b>Pilates</b> Group Classes Studio   Anne-Michele Franken</p>			
<p>19:30 - 20:30 <b>Indoor Cycling</b> Cycling Studio   Phili Lombala</p>		<p>19:30 - 20:30 <b>Yoga</b> Group Classes Studio   Floriana Palmieri</p>	<p>19:30 - 20:30 <b>Crosstraining</b> Functional Zone   Anouar Kassas</p>			
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<p>12:30 - 13:30 <b>Core</b> Functional Zone</p>	<p>12:45 - 13:30 <b>Pilates</b> Group Classes Studio   Nanou Cannone</p>	<p>12:30 - 13:20 <b>TAF</b> Group Classes Studio   Caroline Madenski</p>	<p>12:30 - 13:30 <b>Core</b> Functional Zone   Candice Fagel</p>	<p>12:30 - 13:30 <b>Total Body Conditioning</b> Functional Zone   Caroline Madenski</p>	<p>10:30 - 11:30 <b>Crosstraining</b> Functional Zone   Jessica Vanlaer</p>	<p>10:00 - 11:00 <b>Yoga</b> Group Classes Studio   Laura Lins</p>
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