

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel	09:30 - 10:00 <b>Core</b> Functional Zone   Victor Zawadowski	09:30 - 10:00 <b>Core</b> Functional Zone   Thomas Van Boxmeer	09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel		11:00 - 12:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Laurence Verbeelen	11:00 - 12:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Kiki François
13:00 - 14:00 <b>Strength For Women (SGT)</b> Fitness Floor   Olivier Brel	17:00 - 18:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Hafed Houli	13:00 - 14:00 <b>Start To Workout (SGT)</b> Fitness Floor   Olivier Brel	18:00 - 19:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Hafed Houli		12:00 - 13:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Laurence Verbeelen	12:00 - 13:00 <b>Crosstraining</b> Functional Zone   Laurence Verbeelen
17:00 - 18:00 <b>Women Boxing</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Thomas ASVESTARIS	18:00 - 19:00 <b>Crosstraining</b> Group Classes Studio   Said Bah			
18:00 - 19:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>TAF</b> Group Classes Studio   Said Bah	18:00 - 19:00 <b>Kickboxing</b>	18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Abdessamad Ghouti			
18:00 - 19:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Laurence Verbeelen	19:00 - 20:00 <b>Boxing</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b> Said Bah	19:00 - 20:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Hafed Houli			
18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Victor Zawadowski	19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Laurence Verbeelen	19:00 - 20:00 <b>HIIT Boxing</b> Boxing Cube   Thomas ASVESTARIS	19:00 - 20:00 <b>Conditioning (SGT)</b> Functional Zone   Thomas Van Boxmeer			
19:00 - 20:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Hafed Houli	19:00 - 20:00 <b>Mobility</b> Group Classes Studio   Thomas Van Boxmeer	19:00 - 20:00 <b>Healthy Back (SGT)</b> Fitness Floor   Victor Zawadowski	19:00 - 20:00 <b>Cuisses Abdos Fessiers (CAF)</b> Abdessamad Ghouti			
19:00 - 20:00 <b>Go Functional (SGT)</b> Fitness Floor   Thomas Van Boxmeer	20:00 - 21:00 <b>BRN®</b> Laurence Verbeelen	19:00 - 20:00 <b>UBOUND®</b> Group Classes Studio   Ana Silveiro	20:00 - 21:00 <b>Boxing</b> Boxing Cube   Hafed Houli			
19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Laurence Verbeelen	20:00 - 21:00 <b>Women Boxing</b> Boxing Cube   Hafed Houli		20:00 - 21:00 <b>Pilates</b> Kenia Bento dos reis			
20:00 - 21:00 <b>BOXING CUBE (BE)</b> Boxing Cube   Hafed Houli						
20:00 - 21:00 <b>Yoga</b> Group Classes Studio   Kenia Bento dos reis						

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