

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>08:00 - 09:00 Pilates Group Classes Studio Kenia Bento dos reis</p>	<p>10:00 - 10:30 Forever Fit (SGT) Functional Zone</p>	<p>10:00 - 10:30 Core Fitness Floor Jims Louise</p>	<p>10:00 - 10:30 Mobility (SGT) Functional Zone Jordan Poffe</p>	<p>12:15 - 13:00 Sculpt Francis Wabo</p>	<p>09:30 - 10:30 RUNNING GX (BE) Outdoors Jims Louise</p>	<p>10:00 - 11:00 Boxing Tshilo K, Jims Louise</p>
<p>10:00 - 10:30 Core Functional Zone Jims Louise</p>	<p>12:15 - 13:00 Crosstraining Functional Zone Mimoun Harakat</p>	<p>12:15 - 13:00 TAF Group Classes Studio Kenia Bento dos reis</p>	<p>12:15 - 13:15 Pilates Francis Wabo</p>		<p>10:00 - 11:00 TAF Group Classes Studio Benjamin Bresseleers, Kenia Bento dos reis, Nancy Henry</p>	<p>11:00 - 12:00 HIIT Jims Louise</p>
<p>17:00 - 18:00 Pilates Group Classes Studio Kenia Bento dos reis</p>	<p>18:00 - 19:00 Healthy Back (SGT) Functional Zone</p>	<p>18:00 - 19:00 Yoga Floriana Palmieri, Kenia Bento dos reis, Emmanuelle Perrichon</p>	<p>18:00 - 19:00 Healthy Back (SGT) Functional Zone Emilie Granville</p>		<p>11:00 - 12:00 Crosstraining Functional Zone Mohameth Diouf, Nancy Henry, Benjamin Bresseleers</p>	<p>12:00 - 13:00 Pilates Group Classes Studio Kenia Bento dos reis</p>
<p>17:00 - 18:00 Squat Bench Deadlift (SGT) Kevin Saint-Just</p>	<p>18:00 - 19:00 TAF Group Classes Studio Nancy Henry, Benjamin Bresseleers, Kenia Bento dos reis</p>	<p>19:00 - 20:00 Hybrid X Functional Zone</p>	<p>18:00 - 19:00 Sculpt Tshilo K</p>		<p>12:00 - 13:00 Les Mills Bodypump™ Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen</p>	
<p>18:00 - 19:00 Pilates Group Classes Studio Kenia Bento dos reis</p>	<p>19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf, Nancy Henry, Benjamin Bresseleers</p>	<p>19:00 - 20:00 Les Mills Bodypump™ Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen</p>	<p>19:00 - 20:00 Boxing Tshilo K, Jims Louise</p>		<p>13:00 - 14:00 Yoga Floriana Palmieri, Kenia Bento dos reis, Emmanuelle Perrichon</p>	
<p>18:00 - 19:00 Strength For Women (SGT) Fitness Floor Bryan Khanlou</p>	<p>19:00 - 20:00 Weight Health (SGT) Functional Zone Bryan Khanlou</p>	<p>20:00 - 20:45 Step</p>	<p>19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf, Nancy Henry, Benjamin Bresseleers</p>			
<p>19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf, Nancy Henry, Benjamin Bresseleers</p>	<p>19:00 - 20:00 Zumba® Esmeralda Labye</p>		<p>20:00 - 21:00 Yoga Floriana Palmieri, Karthik Krishnapura Venkateshan</p>			
<p>19:00 - 20:00 Les Mills Bodypump™ Marie-sophie Rousseau, Yannick Gozo, Nicole Van staen</p>	<p>20:00 - 21:00 Pilates Group Classes Studio Kenia Bento dos reis</p>					
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<p>17:00 - 18:00 Pilates Group Classes Studio Kenia Bento dos reis</p>	<p>18:00 - 19:00 Healthy Back (SGT) Functional Zone</p>	<p>12:15 - 13:00 TAF Group Classes Studio Kenia Bento dos reis</p>	<p>12:15 - 13:15 Pilates Francis Wabo</p>	<p>12:15 - 13:00 Sculpt Francis Wabo</p>	<p>10:00 - 11:00 TAF Group Classes Studio Nancy Henry, Benjamin Bresseleers, Kenia Bento dos reis</p>	<p>11:00 - 12:00 HIIT Jims Louise</p>
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