

| MAANDAG   | DINSDAG   | WOENSDAG   | DONDERDAG   | VRIJDAG                              | ZATERDAG  | ZONDAG |
|---|---|--|---|--------------------------------------|---|--------|
| 17:00 - 18:00<br><b>Les Mills Dance</b>                       | 11:00 - 12:00<br><b>Yoga</b>                                  | 10:00 - 11:00<br><b>Get stronger</b>                 | 11:00 - 12:00<br><b>Pilates</b>                               | 16:30 - 17:30<br><b>Get stronger</b> | 10:00 - 11:00<br><b>Les Mills Bodypump™</b>                   |        |
| 18:00 - 19:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> | 17:00 - 18:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> | 11:00 - 12:00<br><b>Les Mills Dance</b>              | 12:00 - 13:00<br><b>KIMAX®</b>                                | 18:00 - 19:00<br><b>Step</b>         | 11:30 - 12:30<br><b>Crosstraining</b>                         |        |
| 18:00 - 19:00<br><b>Les Mills Bodypump™</b>                   | 17:00 - 18:00<br><b>Crosstraining</b>                         | 17:00 - 18:00<br><b>Cuisses Abdos Fessiers (CAF)</b> | 17:00 - 18:00<br><b>Yoga</b>                                  |                                      | 12:00 - 13:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> |        |
| 18:00 - 19:00<br><b>Start To Workout (SGT)</b>                | 17:00 - 18:00<br><b>Zumba®</b>                                | 18:00 - 19:00<br><b>Les Mills Bodypump™</b>          | 18:00 - 19:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> |                                      | 13:00 - 14:00<br><b>KIMAX®</b>                                |        |
| 19:00 - 19:30<br><b>Les Mills Bodybalance™</b>                | 18:00 - 19:00<br><b>Les Mills Dance</b>                       | 18:00 - 19:00<br><b>Squat Bench Deadlift (SGT)</b>   | 18:00 - 19:00<br><b>Step</b>                                  |                                      |   |        |
| 19:00 - 20:00<br><b>Strength For Women (SGT)</b>              | 18:00 - 19:00<br><b>Strength For Women (SGT)</b>              | 20:00 - 21:00<br><b>Zumba®</b>                       | 18:00 - 19:00<br><b>Weight Health (SGT)</b>                   |                                      |   |        |
| 19:30 - 20:00<br><b>Step</b>                                  | 19:00 - 20:00<br><b>Start To Workout (SGT)</b>                |  | 19:00 - 20:00<br><b>Les Mills Dance</b>                       |                                      |   |        |
| 20:00 - 21:00<br><b>KIMAX®</b>                                |   |  | 19:00 - 20:00<br><b>Suspension Training</b>                   |                                      |   |        |

| MAANDAG   | DINSDAG   | WOENSDAG   | DONDERDAG   | VRIJDAG                              | ZATERDAG  | ZONDAG |
|---|---|--|---|--------------------------------------|---|--------|
| 09:00 - 10:00<br><b>Cuisses Abdos Fessiers (CAF)</b>          | 09:00 - 10:00<br><b>Pilates</b>                               | 10:00 - 11:00<br><b>Get stronger</b>                 | 09:00 - 10:00<br><b>CIRCL MOBILITY™ (BE)</b>                  | 16:30 - 17:30<br><b>Get stronger</b> | 10:00 - 11:00<br><b>Les Mills Bodypump™</b>                   |        |
| 10:00 - 11:00<br><b>Pilates</b>                               | 10:00 - 11:00<br><b>Cuisses Abdos Fessiers (CAF)</b>          | 11:00 - 12:00<br><b>Les Mills Dance</b>              | 10:00 - 11:00<br><b>Pilates</b>                               | 18:00 - 19:00<br><b>Step</b>         | 11:30 - 12:30<br><b>Crosstraining</b>                         |        |
| 11:00 - 12:00<br><b>CIRCL MOBILITY™ (BE)</b>                  | 11:00 - 12:00<br><b>CIRCL MOBILITY™ (BE)</b>                  | 17:00 - 18:00<br><b>Cuisses Abdos Fessiers (CAF)</b> | 11:00 - 12:00<br><b>Cuisses Abdos Fessiers (CAF)</b>          |                                      | 12:00 - 13:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> |        |
| 18:00 - 19:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> | 17:00 - 18:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> | 18:00 - 19:00<br><b>Les Mills Bodypump™</b>          | 12:00 - 13:00<br><b>KIMAX®</b>                                |                                      | 13:00 - 14:00<br><b>KIMAX®</b>                                |        |
| 18:00 - 19:00<br><b>Les Mills Bodypump™</b>                   | 17:00 - 18:00<br><b>Crosstraining</b>                         | 18:00 - 19:00<br><b>Squat Bench Deadlift (SGT)</b>   | 17:00 - 18:00<br><b>Yoga</b>                                  |                                      |   |        |
| 18:00 - 19:00<br><b>Start To Workout (SGT)</b>                | 17:00 - 18:00<br><b>Zumba®</b>                                | 20:00 - 21:00<br><b>Zumba®</b>                       | 18:00 - 19:00<br><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b> |                                      |   |        |
| 19:00 - 20:00<br><b>Les Mills Bodybalance™</b>                | 18:00 - 19:00<br><b>Les Mills Dance</b>                       |  | 18:00 - 19:00<br><b>Step</b>                                  |                                      |   |        |
| 19:00 - 20:00<br><b>Strength For Women (SGT)</b>              | 18:00 - 19:00<br><b>Strength For Women (SGT)</b>              |  | 18:00 - 19:00<br><b>Weight Health (SGT)</b>                   |                                      |   |        |
|   | 19:00 - 20:00<br><b>Start To Workout (SGT)</b>                |  | 19:00 - 20:00<br><b>Les Mills Dance</b>                       |                                      |   |        |
|   |   |  | 19:00 - 20:00<br><b>Suspension Training</b>                   |                                      |   |        |