

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:00 - 11:00 <b>Pilates</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	09:00 - 10:00 <b>Mobility</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:15 - 11:15 <b>Les Mills Bodypump™</b>	
11:00 - 12:00 <b>Mobility</b>	11:00 - 12:00 <b>Yoga</b>	10:00 - 11:00 <b>Pilates</b>	10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:00 - 11:00 <b>Pilates</b>	11:15 - 12:15 <b>Pilates</b>	
17:00 - 18:00 <b>Pilates</b>	17:00 - 18:00 <b>Crosstraining</b>	11:00 - 12:00 <b>Les Mills Dance</b>	11:00 - 12:00 <b>Pilates</b>	11:00 - 12:00 <b>Mobility</b>	11:30 - 12:30 <b>Crosstraining</b>	
18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>	17:00 - 18:00 <b>Zumba®</b>	17:00 - 18:00 <b>Cuisses Abdos Fessiers (CAF)</b>	12:00 - 13:00 <b>KIMAX®</b>	18:00 - 19:00 <b>Step</b>	12:15 - 13:00 <b>Mobility</b>	
18:00 - 19:00 <b>Les Mills Bodypump™</b>	18:00 - 19:00 <b>Les Mills Dance</b>	18:00 - 19:00 <b>Les Mills Bodypump™</b>	17:00 - 18:00 <b>Yoga</b>		13:00 - 14:00 <b>KIMAX®</b>	
18:00 - 19:00 <b>Start To Workout (SGT)</b>	18:00 - 19:00 <b>Strength For Women (SGT)</b>	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b>	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>			
19:00 - 20:00 <b>Les Mills Bodybalance™</b>	19:00 - 20:00 <b>Start To Workout (SGT)</b>	20:00 - 21:00 <b>Zumba®</b>	18:00 - 19:00 <b>Step</b>			
19:00 - 20:00 <b>Strength For Women (SGT)</b>			18:00 - 19:00 <b>Weight Health (SGT)</b>			
			19:00 - 20:00 <b>Les Mills Dance</b>			
			19:00 - 20:00 <b>Squat Bench Deadlift (SGT)</b>			
			19:00 - 20:00 <b>Suspension Training</b>			

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
	10:00 - 11:00 <b>Pilates</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:00 - 11:00 <b>Cuisses Abdos Fessiers (CAF)</b>	09:00 - 10:00 <b>Cuisses Abdos Fessiers (CAF)</b>	10:15 - 11:15 <b>Les Mills Bodypump™</b>	
	11:00 - 12:00 <b>Yoga</b>	10:00 - 11:00 <b>Pilates</b>	11:00 - 12:00 <b>Pilates</b>	10:00 - 11:00 <b>Pilates</b>	11:15 - 12:15 <b>Pilates</b>	
	17:00 - 18:00 <b>Zumba®</b>	11:00 - 12:00 <b>Les Mills Dance</b>	12:00 - 13:00 <b>KIMAX®</b>	11:00 - 12:00 <b>Mobility</b>	12:00 - 13:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube	
	18:00 - 19:00 <b>Les Mills Dance</b>	17:00 - 18:00 <b>Cuisses Abdos Fessiers (CAF)</b>	17:00 - 18:00 <b>Yoga</b>	18:00 - 19:00 <b>Step</b>	12:15 - 13:00 <b>Mobility</b>	
	18:00 - 19:00 <b>Strength For Women (SGT)</b>	18:00 - 19:00 <b>Burn</b>	18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b>			
	19:00 - 20:00 <b>Start To Workout (SGT)</b>	20:00 - 21:00 <b>Zumba®</b>	18:00 - 19:00 <b>Step</b>			
			18:00 - 19:00 <b>Weight Health (SGT)</b>			
			19:00 - 20:00 <b>Les Mills Dance</b>			
			19:00 - 20:00 <b>Squat Bench Deadlift (SGT)</b>			
			19:00 - 20:00 <b>Suspension Training</b>			