

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 11:00 Pilates Group Classes Studio Martina Nosekova	10:00 - 11:00 Yoga Group Classes Studio Justine Blavier	18:00 - 18:45 ABDO WOD (BE) Group Classes Studio Charlene Goffoy	10:00 - 11:00 Sculpt Amelie Piras			10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Amelie Piras
18:00 - 19:00 Start To Workout (SGT) Fitness Floor Hugo Capodicasa	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Christina Pisa	18:00 - 19:00 Healthy Back (SGT) Functional Zone David Pogolian	18:00 - 19:00 Crosstraining Functional Zone Amelie Piras			11:00 - 12:00 Yoga Group Classes Studio Amelie Piras
19:15 - 20:00 Weight Health (SGT) Functional Zone Hugo Capodicasa	18:00 - 18:45 Squat Bench Deadlift (SGT) Functional Zone David Pogolian	19:00 - 20:00 Conditioning (SGT) Functional Zone Remy Katzenberg	18:00 - 19:00 Strength For Women (SGT) Fitness Floor Hugo Capodicasa			
	19:00 - 20:00 HIIT Group Classes Studio Charlene Goffoy	19:00 - 20:00 Sculpt Group Classes Studio Charlene Goffoy	19:00 - 20:00 Mobility (SGT) Functional Zone Remy Katzenberg			
	19:00 - 19:30 Mobility (SGT) Functional Zone David Pogolian	20:00 - 21:00 Pilates Group Classes Studio Amelie Piras	19:00 - 20:00 Pilates Group Classes Studio Amelie Piras			

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