

| MAANDAG  | DINSDAG   | WOENSDAG  | DONDERDAG   | VRIJDAG  | ZATERDAG  | ZONDAG   |
|--|---|---|---|--|---|--|
| <p>10:00 - 11:00<br/><b>Pilates</b><br/>Group Classes Studio   Martina Nosekova</p> <p>18:00 - 19:00<br/><b>Crosstraining</b><br/>Functional Zone   Amelie Piras</p> <p>18:00 - 18:45<br/><b>Squat Bench Deadlift (SGT)</b><br/>Fitness Floor   David Pogosian</p> <p>19:00 - 20:00<br/><b>Pilates</b><br/>Group Classes Studio   Amelie Piras</p> <p>19:15 - 20:00<br/><b>Weight Health (SGT)</b><br/>Functional Zone   Hugo Capodicasa</p> | <p>09:00 - 10:00<br/><b>Yoga</b><br/>Group Classes Studio   Aurelie Keil</p> <p>11:00 - 12:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Aurélien Possoni</p> <p>12:00 - 12:45<br/><b>Go Functional (SGT)</b><br/>Functional Zone   Aurélien Possoni</p> <p>17:30 - 18:00<br/><b>Suspension Training</b><br/>Functional Zone   Aurélien Possoni</p> <p>18:00 - 19:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Christina Pisa</p> <p>18:00 - 19:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Hugo Capodicasa</p> <p>19:00 - 20:00<br/><b>HIIT</b><br/>Group Classes Studio   Charlene Goffoy</p> <p>19:00 - 19:30<br/><b>Mobility (SGT)</b><br/>Functional Zone   David Pogosian</p> | <p>18:00 - 18:45<br/><b>ABDO WOD (BE)</b><br/>Group Classes Studio   Charlene Goffoy</p> <p>18:00 - 19:00<br/><b>Healthy Back (SGT)</b><br/>Functional Zone   David Pogosian</p> <p>19:00 - 20:00<br/><b>Conditioning (SGT)</b><br/>Functional Zone   Remy Katzenberg</p> <p>19:00 - 20:00<br/><b>Sculpt</b><br/>Group Classes Studio   Charlene Goffoy</p> <p>20:00 - 21:00<br/><b>Pilates</b><br/>Group Classes Studio   Amelie Piras</p> | <p>10:00 - 11:00<br/><b>Sculpt</b><br/>  Martina Nosekova</p> <p>18:00 - 19:00<br/><b>Strength For Women (SGT)</b><br/>Fitness Floor   Hugo Capodicasa</p> <p>19:00 - 20:00<br/><b>Mobility (SGT)</b><br/>Functional Zone   Remy Katzenberg</p> | <p>18:00 - 19:00<br/><b>Crosstraining</b><br/>Functional Zone   Martina Nosekova</p> | <p>10:00 - 11:00<br/><b>HIIT</b><br/>Group Classes Studio   Kevin Reis</p> <p>11:00 - 12:00<br/><b>Burn</b><br/>Group Classes Studio   Kevin Reis</p> | <p>10:00 - 11:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Amelie Piras</p> <p>11:00 - 12:00<br/><b>Yoga</b><br/>Group Classes Studio   Amelie Piras</p> |

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