

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

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