

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>10:30 - 11:30 <b>Pilates</b> Group Classes Studio   Dhavindra LATCHIMY</p>	<p>10:30 - 11:30 <b>Yoga</b> Group Classes Studio   Gisou Chalmagne</p>	<p>09:30 - 10:30 <b>Core</b> Group Classes Studio   Martina Nosekova</p>	<p>10:30 - 11:15 <b>ABDO WOD (BE)</b> Functional Zone   Dhavindra LATCHIMY</p>	<p>10:30 - 11:30 <b>Pilates</b> Group Classes Studio   Martina Nosekova</p>	<p>09:30 - 10:30 <b>Yoga</b> Group Classes Studio   Kadija Mnakka</p>	<p>09:30 - 10:30 <b>HIIT</b> Group Classes Studio   Herve Kongo iyoku regen</p>
<p>17:30 - 18:30 <b>Strength For Women (SGT)</b> Fitness Floor   Elodie Balsat</p>	<p>11:30 - 12:30 <b>STRETCHING</b> Group Classes Studio   Gisou Chalmagne</p>	<p>10:30 - 11:30 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Martina Nosekova</p>	<p>17:30 - 18:30 <b>HIIT</b> Group Classes Studio   Jean-françois Wanty</p>	<p>18:00 - 19:00 <b>Sculpt</b> Group Classes Studio   Angélique Meunier</p>	<p>10:00 - 11:00 <b>RUNNING GX (BE)</b> Functional Zone   Dhavindra LATCHIMY</p>	<p>10:30 - 11:30 <b>Cuisses Abdos Fessiers (CAF)</b> Group Classes Studio   Herve Kongo iyoku regen</p>
<p>18:30 - 19:30 <b>HIIT</b> Group Classes Studio   Jean-françois Wanty</p>	<p>13:30 - 14:30 <b>Moving Mom (SGT)</b> Fitness Floor   Theo Senna</p>	<p>17:30 - 18:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Davide Graceffa</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Studio   Gregory Peciaux</p>	<p>18:30 - 19:15 <b>Move For Health (SGT)</b> Fitness Floor   Theo Senna</p>	<p>10:30 - 11:30 <b>Step</b> Group Classes Studio   Sonia Higginson</p>	
<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Studio   Nancy De muylder</p>	<p>17:30 - 18:30 <b>Indoor Cycling</b> Cycling Studio   Florence Riche</p>	<p>18:30 - 19:30 <b>Callisthenics</b> Functional Zone   Theo Senna</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Studio   Gregory Peciaux</p>	<p>19:00 - 20:00 <b>Zumba®</b> Vincent Deya</p>	<p>11:30 - 12:30 <b>Indoor Cycling</b> Cycling Studio   Dhavindra LATCHIMY</p>	
<p>18:30 - 19:30 <b>Start To Workout (SGT)</b> Fitness Floor   Elodie Balsat</p>	<p>17:30 - 18:30 <b>Pilates</b> Group Classes Studio   Dhavindra LATCHIMY</p>	<p>18:30 - 19:30 <b>Les Mills Bodycombat™</b> Group Classes Studio   Davide Graceffa</p>	<p>18:30 - 19:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Jean-françois Wanty</p>		<p>11:30 - 12:30 <b>Sculpt</b> Group Classes Studio   Sonia Higginson</p>	
<p>19:30 - 20:30 <b>REEJAM®</b> Group Classes Studio   Loredana Erba</p>	<p>18:30 - 19:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Davide Graceffa</p>	<p>18:30 - 19:30 <b>Strength Training (SGT)</b> Functional Zone   Elodie Balsat</p>	<p>18:30 - 19:30 <b>Mobility</b> Functional Zone   Theo Senna</p>			
	<p>18:30 - 19:30 <b>Weight Health (SGT)</b> Fitness Floor   Elodie Balsat</p>	<p>19:30 - 20:30 <b>Power</b> Functional Zone   Theo Senna</p>	<p>19:30 - 20:30 <b>Crosstraining</b> Functional Zone   Theo Senna</p>			
	<p>19:30 - 20:30 <b>Les Mills Bodycombat™</b> Group Classes Studio   Davide Graceffa</p>	<p>19:30 - 20:30 <b>Zumba®</b> Group Classes Studio   Keziah Vranckx</p>				
	<p>19:30 - 20:30 <b>Start To Workout (SGT)</b> Fitness Floor   Elodie Balsat</p>					

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