

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>10:30 - 11:30 <b>Yoga</b> Group Classes Studio   Jims Gent Rooigem</p> <p>18:00 - 19:00 <b>BBB</b> Group Classes Studio   Sophie Morobé</p> <p style="background-color: #e67e22; color: white;">18:00 - 19:00 <b>HIIT Boxing</b> Boxing Cube   Quinten Dhaemer Gripe</p> <p style="background-color: #34495e; color: white;">18:00 - 19:00 <b>Strength For Women (SGT)</b> Functional Zone   Jims Gent Rooigem</p> <p style="background-color: #e67e22; color: white;">19:00 - 20:00 <b>COACH BY COLOR® Connect Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman</p> <p>19:00 - 20:00 <b>Go Functional (SGT)</b> Functional Zone   Thorwald Lambrecht</p> <p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Daisy Dejonghe</p> <p>20:00 - 21:00 <b>Core</b> Group Classes Studio   Daisy Dejonghe</p>	<p>11:00 - 12:00 <b>Strength For Women (SGT)</b> Functional Zone   Felien Mestdagh</p> <p>18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Elke Blansaer</p> <p style="background-color: #e67e22; color: white;">18:00 - 18:30 <b>Mobility (SGT)</b> Functional Zone   Kaija Heirman</p> <p style="background-color: #e67e22; color: white;">19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascale Roorda</p> <p>19:00 - 20:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Elke Blansaer</p> <p style="background-color: #34495e; color: white;">19:00 - 20:00 <b>Start To Workout (SGT)</b> Functional Zone   Thorwald Lambrecht</p> <p style="background-color: #e67e22; color: white;">20:00 - 21:00 <b>Cardio boxing</b> Boxing Cube   An De Decker</p> <p>20:00 - 21:00 <b>Yoga</b> Group Classes Studio   Wilfrieda Paessens</p>	<p>10:30 - 11:30 <b>Sculpt</b> Group Classes Studio   Leslie Page</p> <p>11:30 - 12:30 <b>Pilates</b> Group Classes Studio   Leslie Page</p> <p>18:00 - 19:00 <b>Flow</b> Group Classes Studio   Annelies Bombeeck</p> <p style="background-color: #34495e; color: white;">18:00 - 19:00 <b>Moving Mom (SGT)</b> Functional Zone   Kaija Heirman</p> <p style="background-color: #e67e22; color: white;">18:30 - 19:30 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascal Rooms</p> <p style="background-color: #34495e; color: white;">19:00 - 20:00 <b>Strength For Women (SGT)</b> Functional Zone   Felien Mestdagh</p> <p>19:30 - 20:30 <b>BOXING FUNDAMENTALS (BE)</b> Boxing Cube   Jordan Amir Malakouti</p> <p>19:30 - 20:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Daisy Dejonghe</p> <p>20:30 - 21:30 <b>Core</b> Group Classes Studio   Daisy Dejonghe</p>	<p>10:30 - 11:30 <b>Yoga</b> Group Classes Studio   Leslie Page</p> <p>11:30 - 12:30 <b>Core</b> Group Classes Studio   Leslie Page</p> <p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Thorwald Lambrecht</p> <p style="background-color: #e67e22; color: white;">18:00 - 19:00 <b>HIIT Boxing</b> Boxing Cube   Quinten Dhaemer Gripe</p> <p>18:00 - 19:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Olivier Ockers</p> <p style="background-color: #e67e22; color: white;">19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Hannah Vannut</p> <p style="background-color: #34495e; color: white;">19:00 - 20:00 <b>Start To Workout (SGT)</b>   Bryan Larez</p> <p>20:00 - 21:00 <b>Yoga</b> Group Classes Studio   Griet Cuelenaere</p>	<p style="background-color: #34495e; color: white;">11:00 - 11:45 <b>Move For Health (SGT)</b> Functional Zone   Kaija Heirman</p> <p style="background-color: #e67e22; color: white;">18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascale Roorda</p> <p style="background-color: #34495e; color: white;">18:00 - 19:00 <b>Les Mills Bodycombat™</b> Group Classes Studio   An De Decker</p> <p style="background-color: #34495e; color: white;">18:30 - 19:00 <b>Core</b> Fitness Floor   Felien Mestdagh</p> <p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Katleen De Temmerman</p>	<p>10:00 - 11:00 <b>BBB</b> Group Classes Studio   Jims Gent Rooigem</p> <p>11:00 - 12:00 <b>BOXING FLOW (BE)</b> Boxing Cube   Jordan Amir Malakouti</p> <p>11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Ilayda Yücel</p>	<p>09:30 - 10:30 <b>Kick</b> Boxing Cube   Ronny De Groeve</p> <p style="background-color: #e67e22; color: white;">10:30 - 11:30 <b>BOXING CUBE (BE)</b> Boxing Cube   Ronny De Groeve</p> <p>11:00 - 12:00 <b>Flow</b> Group Classes Studio   Marc De Scheemaecker</p>

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>10:30 - 11:30 <b>Yoga</b> Group Classes Studio   Jims Gent Rooigem</p> <p>18:00 - 19:00 <b>BBB</b> Group Classes Studio   Sophie Morobé</p> <p>18:00 - 19:00 <b>HIIT Boxing</b> Boxing Cube   Quinten Dhaemer Gripe</p> <p>18:00 - 19:00 <b>Strength For Women (SGT)</b> Functional Zone   Bryan Larez</p> <p>19:00 - 20:00 <b>COACH BY COLOR® Connect Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman</p> <p>19:00 - 20:00 <b>Go Functional (SGT)</b> Functional Zone   Thorwald Lambrecht</p> <p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Daisy Dejonghe</p> <p>20:00 - 21:00 <b>Core</b> Group Classes Studio   Daisy Dejonghe</p>	<p>11:00 - 12:00 <b>Strength For Women (SGT)</b> Functional Zone   Felien Mestdagh</p> <p>18:00 - 19:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Elke Blansaer</p> <p>18:00 - 18:30 <b>Mobility (SGT)</b> Functional Zone   Kaija Heirman</p> <p>19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascale Roorda</p> <p>19:00 - 20:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Elke Blansaer</p> <p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Functional Zone   Thorwald Lambrecht</p> <p>20:00 - 21:00 <b>Cardio boxing</b> Boxing Cube   An De Decker</p> <p>20:00 - 21:00 <b>Yoga</b> Group Classes Studio   Wilfrieda Paessens</p>	<p>10:30 - 11:30 <b>Sculpt</b> Group Classes Studio   Leslie Page</p> <p>11:30 - 12:30 <b>Pilates</b> Group Classes Studio   Leslie Page</p> <p>18:00 - 19:00 <b>Flow</b> Group Classes Studio   Annelies Bombeeck</p> <p>18:00 - 19:00 <b>Moving Mom (SGT)</b> Functional Zone   Kaija Heirman</p> <p>18:30 - 19:30 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascal Rooms</p> <p>19:00 - 20:00 <b>Strength For Women (SGT)</b> Functional Zone   Felien Mestdagh</p> <p>19:30 - 20:30 <b>BOXING FUNDAMENTALS (BE)</b> Boxing Cube   Jordan Amir Malakouti</p> <p>19:30 - 20:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Daisy Dejonghe</p> <p>20:30 - 21:30 <b>Core</b> Group Classes Studio   Daisy Dejonghe</p>	<p>11:00 - 11:45 <b>Move For Health (SGT)</b> Functional Zone   Kaija Heirman</p> <p>18:00 - 19:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascale Roorda</p> <p>18:00 - 19:00 <b>Les Mills Bodycombat™</b> Group Classes Studio   An De Decker</p> <p>18:30 - 19:00 <b>Core</b> Fitness Floor   Felien Mestdagh</p> <p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Katleen De Temmerman</p>	<p>10:00 - 11:00 <b>BBB</b> Group Classes Studio   Jims Gent Rooigem</p> <p>11:00 - 12:00 <b>BOXING FLOW (BE)</b> Boxing Cube   Jordan Amir Malakouti</p> <p>11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Faye Porteman</p>	<p>09:30 - 10:30 <b>Kick</b> Boxing Cube   Ronny De Groeve</p> <p>10:30 - 11:30 <b>BOXING CUBE (BE)</b> Boxing Cube   Ronny De Groeve</p> <p>11:00 - 12:00 <b>Flow</b> Group Classes Studio   Jims Gent Rooigem</p>	