

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
12:15 - 13:15 Strength For Women (SGT) Fitness Floor Jims Auderghem	12:30 - 13:15 Move For Health (SGT) Functional Zone Kevin De Wachter	07:30 - 08:30 Yoga Group Classes Studio Floriana Palmieri	07:30 - 08:30 Pilates Group Classes Studio Floriana Palmieri	12:30 - 13:30 Pilates Group Classes Studio Cedric Demarbaix	10:30 - 11:30 Core Functional Zone David Todero	12:00 - 13:00 Dance Group Classes Studio Jims Auderghem
12:30 - 13:30 Pilates Group Classes Studio Floriana Palmieri	17:30 - 18:30 Pilates Group Classes Studio Cedric Demarbaix	12:15 - 13:15 Strength For Women (SGT) Functional Zone	12:30 - 13:30 TAF Group Classes Studio Cedric Demarbaix	17:30 - 18:30 Crosstraining Functional Zone Gaetan Boulanger	10:30 - 11:30 Yoga Group Classes Studio Laura Lins	13:15 - 14:15 Boxing Group Classes Studio Kadima Kabangu
18:00 - 19:00 LES MILLS STRENGTH DEVELOPMENT (BE) Group Classes Studio David Jorigas	18:30 - 19:30 Core Group Classes Studio Cedric Demarbaix	12:30 - 13:30 Pilates Group Classes Studio Cedric Demarbaix	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Han Long	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Delphine Debuissou	11:30 - 12:30 Crosstraining Functional Zone David Todero	
18:30 - 19:30 Weight Health (SGT) Functional Zone Kevin De Wachter	18:30 - 19:30 Moving Mom (SGT) Functional Zone	17:30 - 18:30 Hybrid X Functional Zone David Todero	18:30 - 19:30 Strength For Women (SGT) Fitness Floor Kevin De Wachter	19:30 - 20:30 TAF Group Classes Studio Delphine Debuissou		
	19:30 - 20:30 Zumba® Group Classes Studio Jone Aldalur Gandiaga	17:45 - 18:30 Yoga Group Classes Studio Floriana Palmieri	19:30 - 20:30 Crosstraining Functional Zone David Todero			
		18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Alexis Dartevelle				
		18:35 - 19:35 Go Functional (SGT) Functional Zone Matteo Touilly				
		19:45 - 20:45 Boxing Group Classes Studio Jims Auderghem				

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<p>12:30 - 13:30 Pilates Group Classes Studio Floriana Palmieri</p>	<p>17:30 - 18:30 Pilates Group Classes Studio Cedric Demarbaix</p>	<p>12:15 - 13:15 Strength For Women (SGT) Functional Zone</p>	<p>12:30 - 13:30 TAF Group Classes Studio Cedric Demarbaix</p>	<p>17:30 - 18:30 Crosstraining Functional Zone Gaetan Boulanger</p>	<p>10:30 - 11:30 Yoga Group Classes Studio Laura Lins</p>	<p>12:00 - 13:00 Dance Group Classes Studio Jims Auderghem</p>
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