

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