

| MAANDAG  | DINSDAG   | WOENSDAG   | DONDERDAG  | VRIJDAG   | ZATERDAG | ZONDAG   |
|--|---|--|--|---|----------|--|
| <p>17:00 - 18:00<br/><b>Start To Workout (SGT)</b><br/>Balie   Joran Vastenavondt</p>          | <p>18:00 - 19:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Johan De Belie</p> | <p>17:45 - 18:45<br/><b>Moving Mom (SGT)</b><br/>Balie   Kelly Frighem</p>               | <p>19:00 - 20:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Jims Mechelen</p> | <p>09:00 - 09:45<br/><b>Les Mills Pilates™</b><br/>Group Classes Studio   Kelly Frighem</p> |          | <p>09:30 - 10:30<br/><b>Indoor Cycling</b><br/>Group Classes Studio   Jessica Thys</p> |
| <p>18:15 - 19:15<br/><b>Les Mills Bodycombat™</b><br/>Group Classes Studio   Kelly Frighem</p> | <p>18:00 - 18:45<br/><b>Move For Health (SGT)</b><br/>Balie   Joran Vastenavondt</p>          | <p>18:00 - 19:00<br/><b>Dance</b><br/>Group Classes Studio   Jessy Droogmans</p>         | <p>19:00 - 20:00<br/><b>Strength Training (SGT)</b><br/>Balie   Joran Vastenavondt</p>       |   |          |  |
| <p>19:15 - 20:00<br/><b>Core</b><br/>Group Classes Studio   Kelly Frighem</p>                  | <p>19:00 - 20:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio   Johan De Belie</p>      | <p>19:00 - 20:00<br/><b>Step</b><br/>Group Classes Studio   Kelly De ruyter</p>          |  |   |          |  |
| <p>20:00 - 21:00<br/><b>Pilates</b><br/>Group Classes Studio   Sigrid Palmers</p>              | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Group Classes Studio   Bertrand Mancel</p>             | <p>19:30 - 20:30<br/><b>Strength For Women (SGT)</b><br/>Balie   Kelly Frighem</p>       |  |   |          |  |
|  |   | <p>20:00 - 21:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio   Sigrid Palmers</p> |  |   |          |  |

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| <p>17:00 - 18:00<br/><b>Start To Workout (SGT)</b><br/>Balie   Joran Vastenavondt</p>          | <p>10:00 - 11:00<br/><b>Start To Workout (SGT)</b><br/>Balie   Stephanie Detroyer</p>         | <p>17:45 - 18:45<br/><b>Moving Mom (SGT)</b><br/>Balie   Kelly Frighem</p>               | <p>18:00 - 19:00<br/><b>Les Mills Bodycombat™</b><br/>Group Classes Studio   Kelly Frighem</p> | <p>09:00 - 09:45<br/><b>Les Mills Pilates™</b><br/>Group Classes Studio   Kelly Frighem</p> |          | <p>09:30 - 10:30<br/><b>Indoor Cycling</b><br/>Group Classes Studio   Jessica Thys</p> |
| <p>18:15 - 19:15<br/><b>Les Mills Bodycombat™</b><br/>Group Classes Studio   Kelly Frighem</p> | <p>18:00 - 19:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Johan De Belie</p> | <p>18:00 - 19:00<br/><b>Dance</b><br/>Group Classes Studio   Jessy Droogmans</p>         | <p>19:00 - 20:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Jims Mechelen</p>   |   |          | <p>10:30 - 11:30<br/><b>Dance</b><br/>Group Classes Studio   Jessy Droogmans</p>       |
| <p>19:15 - 20:00<br/><b>Core</b><br/>Group Classes Studio   Kelly Frighem</p>                  | <p>18:00 - 18:45<br/><b>Move For Health (SGT)</b><br/>Balie   Joran Vastenavondt</p>          | <p>19:00 - 20:00<br/><b>Step</b><br/>Group Classes Studio   Kelly De ruyter</p>          | <p>19:00 - 20:00<br/><b>Strength Training (SGT)</b><br/>Balie   Joran Vastenavondt</p>         |   |          |  |
| <p>20:00 - 21:00<br/><b>Pilates</b><br/>Group Classes Studio   Sigrid Palmers</p>              | <p>19:00 - 20:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio   Johan De Belie</p>      | <p>19:30 - 20:30<br/><b>Strength For Women (SGT)</b><br/>Balie   Kelly Frighem</p>       |  |   |          |  |
|  | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Group Classes Studio   Bertrand Mancel</p>             | <p>20:00 - 21:00<br/><b>Indoor Cycling</b><br/>Group Classes Studio   Sigrid Palmers</p> |  |   |          |  |