

| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|--|---|---|--|---|--|
| <p>10:00 - 11:00 Zumba® Group Classes Studio Nicky Van Nespen</p> | <p>09:30 - 10:30 Burn Group Classes Studio Jims Schoten</p> | <p>09:00 - 10:00 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>09:30 - 10:30 Pilates Body & Mind Cube Natasha Pauwels</p> | <p>10:00 - 11:00 Pilates Body & Mind Cube Jims Schoten</p> | <p>09:45 - 10:45 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>10:00 - 11:00 Indoor Cycling Cycling Studio Sophie Vermeulen</p> |
| <p>11:00 - 12:00 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>11:30 - 12:30 Yoga Body & Mind Cube Sabine De Wilde</p> | <p>10:00 - 11:00 Zumba® Group Classes Studio Nicky Van Nespen</p> | <p>10:30 - 11:30 Yoga Body & Mind Cube Jims Schoten</p> | <p>11:00 - 12:00 Yin Yoga Body & Mind Cube Jims Schoten</p> | <p>10:00 - 11:00 Indoor Cycling Cycling Studio Sophie Vermeulen</p> | <p>10:00 - 11:00 Zumba® Group Classes Studio Nicky Van Nespen</p> |
| <p>12:00 - 13:00 Pilates Body & Mind Cube Jims Schoten</p> | <p>18:30 - 19:30 Indoor Cycling Cycling Studio Jims Schoten</p> | <p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Jims Schoten</p> | <p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | | <p>12:00 - 13:00 Yoga Body & Mind Cube Jims Schoten</p> | <p>11:00 - 11:30 BBB Group Classes Studio Jims Schoten</p> |
| <p>18:30 - 19:15 Move For Health (SGT) Group Classes Studio Jims Schoten</p> | <p>19:00 - 20:00 BBB Group Classes Studio Evy Roelen</p> | <p>18:30 - 19:00 Icebath Body & Mind Cube Lynn Collienre</p> | <p>19:00 - 20:00 Indoor Cycling Cycling Studio Jims Schoten</p> | | | <p>11:30 - 12:30 Zumba® Group Classes Studio Nicky Van Nespen</p> |
| <p>19:30 - 20:30 Indoor Cycling Cycling Studio Pascal Meulders</p> | <p>19:30 - 20:30 Indoor Cycling Cycling Studio Jims Schoten</p> | <p>19:00 - 20:00 Indoor Cycling Cycling Studio Luc Sommen</p> | <p>20:00 - 21:00 Pilates Body & Mind Cube Kato Willemoons</p> | | | |
| | <p>20:00 - 21:00 Zumba® Group Classes Studio Nicky Van Nespen</p> | <p>19:00 - 20:00 Pilates Body & Mind Cube Kato Willemoons</p> | <p>21:00 - 22:00 Yoga Body & Mind Cube Jims Schoten</p> | | | |
| | | <p>19:00 - 20:00 Zumba® Group Classes Studio Jims Schoten</p> | | | | |

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| <p>10:00 - 11:00 Zumba® Group Classes Studio Nicky Van Nespén</p> | <p>09:30 - 10:30 Burn Group Classes Studio Jims Schoten</p> | <p>08:30 - 09:30 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>09:30 - 10:30 Pilates Body & Mind Cube Natasha Pauwels</p> | <p>08:30 - 09:30 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>09:45 - 10:45 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>10:00 - 11:00 Indoor Cycling Cycling Studio Sophie Vermeulen</p> |
| <p>11:00 - 12:00 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>11:30 - 12:30 Yoga Body & Mind Cube Sabine De Wilde</p> | <p>10:00 - 11:00 Zumba® Group Classes Studio Nicky Van Nespén</p> | <p>10:30 - 11:30 Yoga Body & Mind Cube Jims Schoten</p> | <p>10:10 - 11:00 Pilates Body & Mind Cube Evy Roelen</p> | <p>10:00 - 11:00 Indoor Cycling Cycling Studio Sophie Vermeulen</p> | <p>10:00 - 11:00 Zumba® Group Classes Studio Nicky Van Nespén</p> |
| <p>12:00 - 13:00 Pilates Body & Mind Cube Jims Schoten</p> | <p>18:30 - 19:30 Indoor Cycling Cycling Studio Jims Schoten</p> | <p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Jims Schoten</p> | <p>14:30 - 15:30 GO HYBRID SGT(BE) Functional Zone Jims Schoten</p> | <p>11:00 - 12:00 Yin Yoga Body & Mind Cube Jims Schoten</p> | <p>12:00 - 13:00 Yoga Body & Mind Cube Jims Schoten</p> | <p>11:00 - 11:30 BBB Group Classes Studio Nicky Van Nespén</p> |
| <p>19:30 - 20:30 Indoor Cycling Cycling Studio Pascal Meulders</p> | <p>19:30 - 20:30 Indoor Cycling Cycling Studio Jims Schoten</p> | <p>18:30 - 19:00 Icebath Body & Mind Cube Lynn Collienne</p> | <p>18:00 - 19:00 Go Functional (SGT) Functional Zone Jims Schoten</p> | <p>18:30 - 19:30 Indoor Cycling Cycling Cube Jims Schoten</p> | | <p>11:30 - 12:30 Zumba® Group Classes Studio Nicky Van Nespén</p> |
| | <p>20:00 - 21:00 Zumba® Group Classes Studio Nicky Van Nespén</p> | <p>19:00 - 20:00 Indoor Cycling Cycling Studio Luc Sommen</p> | <p>19:00 - 20:00 Indoor Cycling Cycling Studio Jims Schoten</p> | <p>19:00 - 19:30 BBB Group Classes Studio Nicky Van Nespén</p> | | |
| | | <p>19:00 - 20:00 Pilates Body & Mind Cube Kato Willemoons</p> | <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Jims Schoten</p> | <p>19:30 - 20:30 Zumba® Group Classes Studio Nicky Van Nespén</p> | | |
| | | | <p>20:00 - 21:00 Pilates Body & Mind Cube Kato Willemoons</p> | | | |
| | | | <p>21:00 - 22:00 Yoga Body & Mind Cube Jims Schoten</p> | | | |