

| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|--|--|--|---|--|--|
| <p>10:00 - 11:00 Indoor Cycling Group Classes Studio Bruno Van Gestelen</p> | <p>09:00 - 10:00 BBB Group Classes Studio Nadia Lefever</p> | <p>10:00 - 11:00 Indoor Cycling Group Classes Studio Nassera Hamdaoui</p> | <p>10:00 - 11:00 BBB Group Classes Studio Nadia Lefever</p> | <p>09:30 - 10:30 Yoga Group Classes Studio Sandra Meert</p> | <p>09:30 - 10:30 Indoor Cycling Group Classes Studio Nassera Hamdaoui</p> | <p>09:30 - 10:30 Pilates Group Classes Studio Nadia Lefever</p> |
| <p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Fatima El Filali</p> | <p>11:00 - 12:00 Go Functional (SGT) Group Classes Studio Lucie Mulders</p> | <p>18:30 - 19:30 Zumba® Group Classes Studio Nadia Lefever</p> | <p>11:00 - 12:00 Go Functional (SGT) Group Classes Studio Lucie Mulders</p> | <p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Fatima El Filali</p> | | <p>10:30 - 11:00 Core Group Classes Studio Nadia Lefever</p> |
| <p>19:00 - 20:00 Indoor Cycling Group Classes Studio Bruno Van Gestelen</p> | <p>18:00 - 19:00 SELF DEFENSE (BE) Group Classes Studio Emiel De Staerke</p> | <p>19:30 - 20:30 Indoor Cycling Group Classes Studio Wim Uytterhoeven</p> | <p>18:30 - 19:30 Pilates Group Classes Studio Nadia Lefever</p> | <p>19:00 - 20:00 Boxing Group Classes Studio Fatima El Filali</p> | | <p>11:00 - 12:00 Les Mills Bodypump™ Nadia Lefever</p> |
| <p>20:00 - 21:00 Total Body Conditioning Group Classes Studio Tine Van Beek</p> | <p>19:00 - 20:00 Total Body Conditioning Group Classes Studio Tine Van Beek</p> <p>20:00 - 21:00 Step Group Classes Studio Tine Van Beek</p> | | <p>19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Nadia Lefever</p> <p>20:30 - 21:30 BBB Nadia Lefever</p> | | | |

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