

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
13:00 - 14:00 Pilates Group Classes Studio Florence Hopmans	11:00 - 12:00 Start To Workout (SGT) Fitness Floor Sylvia Reyes-Caldera	18:45 - 19:45 Go Functional (SGT) Laura Saenen	19:00 - 20:00 Indoor Cycling Katia Dewalheyns	13:00 - 14:00 Pilates Group Classes Studio Florence Hopmans	10:30 - 11:00 HIIT Group Classes Studio Arne Van Hove	
18:30 - 19:30 Start To Workout (SGT) Sylvia Reyes-Caldera	19:00 - 20:00 Strength For Women (SGT) Laura Saenen		20:00 - 21:00 Zumba® Dounia Hautain	18:30 - 19:30 Squat Bench Deadlift (SGT) Fitness Floor Arne Van Hove	11:00 - 12:00 Yoga Arne Van Hove	
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