

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 10:00 <b>Forever Fit (SGT)</b> Functional Zone   Naomi De Wolf	18:30 - 19:30 <b>Start To Workout (SGT)</b> Fitness Floor   Lucas Cantella	19:00 - 20:00 <b>Conditioning (SGT)</b> Functional Zone   Tom Aerts	19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Lucas Cantella		09:30 - 10:30 <b>Les Mills Bodypump™</b> Functional Zone   Valerie Haelen	

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<p>19:00 - 20:00  <b>Healthy Back (SGT)</b>                      Functional Zone   Tom Aerts</p>						