

| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|--|---|---|---|---|---|
| <p>19:00 - 20:00 Dance Group Classes Studio Peggy Detrixhe</p> | <p>10:00 - 10:30 Mobility (SGT) Group Classes Studio Nicolas De Vos</p> | <p>10:00 - 11:00 Forever Fit (SGT) Group Classes Studio Senna Bombeek</p> | <p>19:00 - 20:00 GO HYBRID SGT(BE) Senna Bombeek</p> | <p>10:00 - 10:30 Mobility (SGT) Group Classes Studio Senna Bombeek</p> | <p>10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Celien Rubbrecht</p> | <p>10:00 - 11:00 Yoga</p> |
| <p>19:00 - 20:00 GO HYBRID SGT(BE) Stefaan De Plus</p> | <p>18:30 - 19:30 Yoga Group Classes Studio Elke Roessems</p> | <p>18:00 - 19:00 Boxing Thorsten Cobbaut</p> | <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Peggy Detrixhe</p> | | <p>13:00 - 14:00 Strength For Women (SGT) Fitness Floor Thorsten Cobbaut</p> | <p>11:00 - 12:00 Les Mills Bodypump™ Group Classes Studio Celien Rubbrecht</p> |
| <p>20:00 - 21:00 Les Mills Bodypump™ Peggy Detrixhe</p> | <p>19:30 - 20:30 Zumba® Group Classes Studio Peggy Detrixhe</p> | <p>19:00 - 20:00 Start To Workout (SGT) Stefaan De Plus</p> | <p>20:00 - 21:00 Zumba® Group Classes Studio Peggy Detrixhe</p> | | | <p>13:00 - 14:00 Boxing Group Classes Studio Thorsten Cobbaut</p> |
| | | <p>19:00 - 20:00 Total Body Conditioning Group Classes Studio Katrien Junius</p> | | | | |
| | | <p>20:00 - 21:00 Les Mills Bodybalance™ Group Classes Studio</p> | | | | |

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