

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:00 - 19:00 Strength For Women (SGT) Functional Zone Byrne Saro	19:00 - 20:00 Les Mills Bodypump™	19:00 - 20:00 Yoga Body & Mind Cube		12:00 - 13:00 Forever Fit (SGT) Functional Zone Quinten Beckx, Salvatore Carlisi	09:00 - 10:00 Pilates Functional Zone Jims Zonhoven	10:00 - 11:00 Boxing
19:00 - 20:00 Les Mills Bodypump™ Functional Zone	20:00 - 21:00 Indoor Cycling Functional Zone	20:00 - 21:00 Pilates Functional Zone Jims Zonhoven			10:00 - 11:00 Yoga Body & Mind Cube	
20:00 - 21:00 Total Body Conditioning Functional Zone					11:30 - 12:30 GO HYBRID SGT(BE) Functional Zone Byrne Saro	

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	19:00 - 20:00 Les Mills Bodypump™	19:00 - 20:00 Yoga Body & Mind Cube	19:30 - 20:30 Indoor Cycling	12:00 - 13:00 Forever Fit (SGT) Functional Zone Quinten Beckx, Salvatore Carlisi	09:00 - 10:00 Pilates Functional Zone Jims Zonhoven	10:00 - 11:00 Boxing
	20:00 - 21:00 Indoor Cycling Functional Zone	20:00 - 21:00 Pilates Functional Zone Jims Zonhoven			10:00 - 11:00 Yoga Body & Mind Cube	
					11:30 - 12:30 GO HYBRID SGT(BE) Functional Zone Byrne Saro	