

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>12:15 - 13:00 Burn Group Classes Studio Ariane Deconinck</p> <p>17:30 - 18:30 Core Group Classes Studio Arnaud Kontelizo</p> <p>17:30 - 18:30 Mobility (SGT) Fitness Floor Jero Vanderoost</p> <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Anais Allaer</p> <p>18:30 - 19:30 Strength For Women (SGT) Fitness Floor Wendy Maton</p> <p>19:30 - 20:30 Crosstraining Functional Zone Cyril Morain</p> <p>19:30 - 20:30 Yoga Group Classes Studio Anais Allaer</p>	<p>12:15 - 13:00 Pilates Group Classes Studio Ariane Deconinck</p> <p>17:30 - 18:30 Hybrid X Functional Zone Arnaud Kontelizo</p> <p>18:30 - 19:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Wendy Maton</p> <p>18:30 - 19:30 Go Functional (SGT) Functional Zone Jero Vanderoost</p> <p>19:30 - 20:30 Zumba® Group Classes Studio Séverine Vyncke</p>	<p>17:30 - 18:30 Sculpt Group Classes Studio Wendy Maton</p> <p>18:30 - 19:30 Hybrid X Functional Zone Cyril Morain</p> <p>18:30 - 19:30 Start To Workout (SGT) Fitness Floor Tom De Backer</p> <p>19:30 - 20:30 HIIT Functional Zone Cyril Morain</p>	<p>17:30 - 18:30 Healthy Back (SGT) Fitness Floor Tom De Backer</p> <p>17:30 - 18:30 Pilates Group Classes Studio Jims Mouscron</p> <p>18:30 - 19:30 GO HYBRID SGT(BE) Functional Zone Tom De Backer</p> <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Anais Allaer</p> <p>19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Anais Allaer</p>	<p>17:30 - 18:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Arnaud Kontelizo</p> <p>18:30 - 19:30 Hybrid X Functional Zone Dorian Ndotah</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Cyril Morain</p> <p>11:30 - 12:30 Hybrid X Functional Zone Cyril Morain</p>	<p>10:30 - 11:30 Pilates Group Classes Studio Séverine Vyncke</p> <p>11:30 - 12:30 Zumba® Group Classes Studio Séverine Vyncke</p>

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>12:15 - 13:00 Burn Group Classes Studio Ariane Deconinck</p> <p>17:30 - 18:30 Core Group Classes Studio Arnaud Kontelizo</p> <p>17:30 - 18:30 Mobility (SGT) Fitness Floor Jero Vanderoost</p> <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Anais Allaer</p> <p>18:30 - 19:30 Strength For Women (SGT) Fitness Floor Wendy Maton</p> <p>19:30 - 20:30 Crosstraining Functional Zone Cyril Morain</p> <p>19:30 - 20:30 Yoga Group Classes Studio Anais Allaer</p>	<p>12:15 - 13:00 Pilates Group Classes Studio Ariane Deconinck</p> <p>17:30 - 18:30 Hybrid X Functional Zone Arnaud Kontelizo</p> <p>18:30 - 19:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Wendy Maton</p> <p>18:30 - 19:30 Go Functional (SGT) Functional Zone Jero Vanderoost</p> <p>19:30 - 20:30 Zumba® Group Classes Studio Séverine Vyncke</p>	<p>17:30 - 18:30 Sculpt Group Classes Studio Wendy Maton</p> <p>18:30 - 19:30 Hybrid X Functional Zone Cyril Morain</p> <p>18:30 - 19:30 Start To Workout (SGT) Fitness Floor Tom De Backer</p> <p>19:30 - 20:30 HIIT Functional Zone Cyril Morain</p>	<p>17:30 - 18:30 Healthy Back (SGT) Fitness Floor Tom De Backer</p> <p>17:30 - 18:30 Pilates Group Classes Studio Jims Mouscron</p> <p>18:30 - 19:30 GO HYBRID SGT(BE) Functional Zone Tom De Backer</p> <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Anais Allaer</p> <p>19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Anais Allaer</p>	<p>17:30 - 18:30 Cuisses Abdos Fessiers (CAF) Group Classes Studio Arnaud Kontelizo</p> <p>18:30 - 19:30 Hybrid X Functional Zone Dorian Ndotah</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Cyril Morain</p> <p>11:30 - 12:30 Hybrid X Functional Zone Cyril Morain</p>	<p>10:30 - 11:30 Pilates Group Classes Studio Séverine Vyncke</p> <p>11:30 - 12:30 Zumba® Group Classes Studio Séverine Vyncke</p>