

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>08:00 - 09:00 <b>HIIT</b> Fitness Floor   Micha Bellen</p>	<p>18:00 - 19:00 <b>BBB</b> Group Classes Studio   Bjorn Wouters</p>	<p>08:00 - 09:00 <b>HIIT</b> Fitness Floor   Micha Bellen</p>	<p>19:00 - 20:00 <b>Go Functional (SGT)</b> Fitness Floor   Danielle Schotman</p>	<p>08:00 - 09:00 <b>HIIT</b> Fitness Floor   Micha Bellen</p>	<p>10:00 - 11:00 <b>HIIT</b> Fitness Floor</p>	
<p>09:00 - 10:00 <b>Boxing</b> Group Classes Studio   Micha Bellen</p>	<p>18:00 - 19:00 <b>Conditioning (SGT)</b> Fitness Floor   Laise Saro</p>	<p>10:00 - 11:00 <b>Forever Fit (SGT)</b> Fitness Floor   Danielle Schotman</p>		<p>09:00 - 10:00 <b>Boxing</b> Group Classes Studio   Micha Bellen</p>	<p>11:00 - 12:00 <b>Boxing</b> Group Classes Studio   Micha Bellen</p>	
<p>18:00 - 19:00 <b>STRETCHING</b> Group Classes Studio   ZAINA MAATOUK</p>	<p>19:00 - 20:00 <b>ZUMBA LIFT (BE)</b> Group Classes Studio   Rodica Telescu-Heeren</p>	<p>11:15 - 12:15 <b>Start To Workout (SGT)</b> Fitness Floor   Jarne Ameele</p>				
<p>19:00 - 20:00 <b>Step</b> Group Classes Studio   Daniel Doroftei</p>	<p>20:00 - 21:00 <b>BODY &amp; MIND (BE)</b> Lorena Sejdo</p>	<p>19:00 - 20:00 <b>SOUND BATH (BE)</b> Group Classes Studio</p>				
<p>19:00 - 20:00 <b>Strength For Women (SGT)</b> Fitness Floor   Laise Saro</p>						

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<p>09:00 - 10:00 <b>Boxing</b> Group Classes Studio   Micha Bellen</p>	<p>19:00 - 20:00 <b>ZUMBA LIFT (BE)</b> Group Classes Studio   Rodica Telescu-Heeren</p>	<p>10:00 - 11:00 <b>Forever Fit (SGT)</b> Fitness Floor   Danielle Schotman</p>	<p>19:00 - 20:00 <b>Pilates</b> Group Classes Studio   Karlien Bams</p>	<p>09:00 - 10:00 <b>Boxing</b> Group Classes Studio   Micha Bellen</p>	<p>11:00 - 12:00 <b>Boxing</b> Group Classes Studio   Micha Bellen</p>	<p>10:15 - 11:15 <b>Yoga</b> Group Classes Studio   Karlien Bams</p>
<p>18:00 - 19:00 <b>STRETCHING</b> Group Classes Studio   ZAINA MAATOUK</p>	<p>20:00 - 21:00 <b>BODY &amp; MIND (BE)</b> Lorena Sejdo</p>	<p>11:15 - 12:15 <b>Start To Workout (SGT)</b> Fitness Floor   Jarne Ameele</p>	<p>20:00 - 21:00 <b>Pilates</b> Group Classes Studio   Karlien Bams</p>			
<p>19:00 - 20:00 <b>Strength For Women (SGT)</b> Fitness Floor   Laise Saro</p>		<p>19:00 - 20:00 <b>SOUND BATH (BE)</b> Group Classes Studio   Bianca Krings</p>				