

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
	08:00 - 09:00 STRETCHING Group Classes Studio	08:00 - 09:00 HIIT Fitness Floor	08:00 - 09:00 BBB Group Classes Studio	08:00 - 09:00 HIIT Fitness Floor	10:00 - 11:00 HIIT Fitness Floor	09:15 - 10:15 Pilates Group Classes Studio Karlien Bams
	18:00 - 19:00 Conditioning (SGT) Fitness Floor Laïse Saro	10:00 - 11:00 Forever Fit (SGT) Fitness Floor Danielle Schotman	09:00 - 10:00 Les Mills Bodybalance™ Group Classes Studio	09:00 - 10:00 Boxing Group Classes Studio	11:00 - 12:00 Boxing Group Classes Studio	10:15 - 11:15 Yoga Group Classes Studio Karlien Bams
	19:00 - 20:00 ZUMBA LIFT (BE) Group Classes Studio Rodica Telescu-Heeren	11:15 - 12:15 Start To Workout (SGT) Fitness Floor Jarne Ameele	19:00 - 20:00 Go Functional (SGT) Fitness Floor Danielle Schotman			11:30 - 12:30 SOUND BATH (BE) Group Classes Studio
	20:00 - 21:00 BODY & MIND (BE) Lorena Sejdo	19:00 - 20:00 SOUND BATH (BE) Group Classes Studio	19:00 - 20:00 Pilates Group Classes Studio Karlien Bams			
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<p>09:00 - 10:00 Boxing Group Classes Studio</p>	<p>18:00 - 19:00 Conditioning (SGT) Fitness Floor Laïse Saro</p>	<p>10:00 - 11:00 Forever Fit (SGT) Fitness Floor Danielle Schotman</p>	<p>09:00 - 10:00 Les Mills Bodybalance™ Group Classes Studio</p>	<p>09:00 - 10:00 Boxing Group Classes Studio</p>	<p>11:00 - 12:00 Boxing Group Classes Studio</p>	<p>10:15 - 11:15 Yoga Group Classes Studio Karlien Bams</p>
<p>18:00 - 19:00 STRETCHING Group Classes Studio ZAINA MAATOUK</p>	<p>19:00 - 20:00 ZUMBA LIFT (BE) Group Classes Studio Rodica Telescu-Heeren</p>	<p>11:15 - 12:15 Start To Workout (SGT) Fitness Floor Jarne Ameele</p>	<p>19:00 - 20:00 Go Functional (SGT) Fitness Floor Danielle Schotman</p>			<p>11:30 - 12:30 SOUND BATH (BE) Group Classes Studio</p>
<p>19:00 - 20:00 Strength For Women (SGT) Fitness Floor Laïse Saro</p>	<p>20:00 - 21:00 BODY & MIND (BE) Lorena Sejdo</p>	<p>19:00 - 20:00 SOUND BATH (BE) Group Classes Studio</p>	<p>19:00 - 20:00 Pilates Group Classes Studio Karlien Bams</p>			
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