

| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|--|---|--|---|---|---|
| 09:00 - 09:30 Mobility (SGT) Functional Zone Jaron Van de Kerckhove | 17:00 - 18:00 POP Pilates® Group Classes Studio Cromwell Cuvalay | 16:00 - 17:00 Start To Workout (SGT) Fitness Floor Key De Weerd | 17:00 - 18:00 Squat Bench Deadlift (SGT) Fitness Floor Key De Weerd | 08:15 - 09:15 GO HYBRID SGT - TYRUN (BE) Functional Zone Galdino Noreillie | 09:00 - 10:00 Les Mills Bodyattack™ Cromwell Cuvalay | 09:30 - 10:30 Strength For Women (SGT) Functional Zone Emmanuelle Decoster |
| 09:30 - 10:30 Pilates Group Classes Studio Sabine Van Hoecke | 18:00 - 19:00 Conditioning (SGT) Functional Zone Galdino Noreillie | 17:00 - 18:00 BOXING FUNDAMENTALS (BE) Group Classes Studio Jaron Van de Kerckhove | 19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Annelies Raes | 09:30 - 10:30 Pilates Group Classes Studio Sabine Van Hoecke | 10:30 - 11:00 Mobility Functional Zone Jaron Van de Kerckhove | |
| 17:30 - 18:30 Strength For Women (SGT) Functional Zone Emmanuelle Decoster | 18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Cromwell Cuvalay | 18:00 - 19:00 Core Group Classes Studio | 20:00 - 21:00 Les Mills Bodyattack™ Group Classes Studio Cromwell Cuvalay | 17:30 - 18:30 Yoga Group Classes Studio | 11:00 - 11:30 Core Group Classes Studio Jaron Van de Kerckhove | |
| 18:30 - 19:30 GO HYBRID SGT(BE) Functional Zone Galdino Noreillie | 19:00 - 20:00 Go Functional (SGT) Functional Zone Jaron Van de Kerckhove | 19:00 - 20:00 Step Group Classes Studio shauni Bruynseels | | 18:30 - 19:30 Summer bootcamp (SGT) Functional Zone Key De Weerd | | |
| 19:30 - 20:00 Prepare for running (SGT) Outdoors Emmanuelle Decoster | 19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Cromwell Cuvalay | 20:00 - 21:00 Yoga Group Classes Studio shauni Bruynseels | | | | |
| 20:00 - 21:00 AFRODANCE (BE) Group Classes Studio Mike Ngoyi ilunga | | | | | | |

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