

MA, 30 SEP	DI, 01 OKT	WO, 02 OKT	DO, 03 OKT	VR, 04 OKT	ZA, 05 OKT	ZO, 06 OKT
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18:00 - 19:00  
**Women's Strength Training (SGT)**  
 Functional Zone | Jonathan Vermeulen

19:00 - 20:00  
**Moving Moms (SGT)**  
 Functional Zone | Shauna Vandamme

18:00 - 19:00  
**Start To Workout (SGT)**  
 Fitness Floor | Shauna Vandamme

19:00 - 20:00  
**HIIT Boxing**  
 Functional Zone | Quinten Gripe

20:00 - 20:30  
**HIIT**  
 Functional Zone | Quinten Gripe

20:30 - 21:00  
**Core**  
 Functional Zone | Quinten Gripe

19:00 - 20:00  
**Les Mills Strength Development™**  
 Functional Zone | Quinten Gripe

10:00 - 10:30  
**HIIT**  
 Functional Zone | Quinten Gripe

10:30 - 11:00  
**Core**  
 Functional Zone | Quinten Gripe

11:00 - 12:00  
**HIIT Boxing**  
 Functional Zone | Quinten Gripe

MA, 07 OKT	DI, 08 OKT	WO, 09 OKT	DO, 10 OKT	VR, 11 OKT	ZA, 12 OKT	ZO, 13 OKT
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18:00 - 19:00  
**Start To Workout (SGT)**  
 | Shauna Vandamme

20:00 - 21:00  
**Core**  
 Functional Zone | Shauna Vandamme

18:00 - 19:00  
**Women's Strength Training (SGT)**  
 Functional Zone | Jonathan Vermeulen

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 Functional Zone | Shauna Vandamme

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 Functional Zone | Quinten Gripe

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 Functional Zone | Quinten Gripe

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 Functional Zone | Quinten Gripe

11:00 - 12:00  
**HIIT Boxing**  
 Functional Zone | Quinten Gripe