

MA, 28 OKT

DI, 29 OKT

WO, 30 OKT

DO, 31 OKT

VR, 01 NOV

ZA, 02 NOV

ZO, 03 NOV

18:00 - 19:00
Start To Workout (SGT)
Fitness Floor | Kaija Heirman

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 (BE)**
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, 04 NOV	DI, 05 NOV	WO, 06 NOV	DO, 07 NOV	VR, 08 NOV	ZA, 09 NOV	ZO, 10 NOV
<p>18:00 - 19:00 Start To Workout (SGT) Shauna Vandamme</p> <p>20:00 - 21:00 Core Fitness Floor Shauna Vandamme</p>	<p>18:00 - 19:00 Women's Strength Training (SGT) Functional Zone Jonathan Vermeulen</p> <p>19:00 - 20:00 Moving Moms (SGT) Fitness Floor Shauna Vandamme</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Kaija Heirman</p> <p>19:00 - 20:00 HIIT Boxing Functional Zone Quinten Gripe</p> <p>20:00 - 20:30 HIIT Functional Zone Quinten Gripe</p> <p>20:30 - 21:00 Core Functional Zone Quinten Gripe</p>	<p>19:00 - 20:00 LES MILLS STRENGTH DEVELOPMENT (BE) Functional Zone Quinten Gripe</p>		<p>10:00 - 10:30 HIIT Functional Zone Quinten Gripe</p> <p>10:30 - 11:00 Core Functional Zone Quinten Gripe</p> <p>11:00 - 12:00 HIIT Boxing Functional Zone Quinten Gripe</p>	