

| MA, 28 OKT | DI, 29 OKT | WO, 30 OKT | DO, 31 OKT | VR, 01 NOV | ZA, 02 NOV | ZO, 03 NOV |
|------------|---|---|---|---|------------|------------|
| | <p>10:30 - 11:30 Sculpt Group Classes Studio Leslie Page</p> <p>11:30 - 12:30 Pilates Group Classes Studio Leslie Page</p> <p>17:00 - 18:00 Women's Strength Training (SGT) Fitness Floor Ilona Desmet</p> <p>18:00 - 19:00 Men's Strength Training (SGT) Fitness Floor Marcel Denolf</p> <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Elke Blansaer</p> <p>19:30 - 20:30 Core Group Classes Studio Daisy Dejonghe</p> <p>20:30 - 21:30 Les Mills Bodypump™ Group Classes Studio Daisy Dejonghe</p> | <p>10:30 - 11:30 Pilates Group Classes Studio Leslie Page</p> <p>17:30 - 18:30 HIIT Boxing Boxing Cube Quinten Gripe</p> <p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Olivier Ockers</p> <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascale Roorda</p> <p>19:30 - 20:00 Zumba® Group Classes Studio Farah Van driessche</p> <p>20:00 - 21:00 Yoga Group Classes Studio Wilfrieda Paessens</p> | <p>10:30 - 11:30 Sculpt Group Classes Studio Leslie Page</p> <p>11:30 - 12:30 Pilates Group Classes Studio Leslie Page</p> <p>10:00 - 11:00 BBB Group Classes Studio Faye Porteman</p> <p>11:00 - 12:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Benjamien Vanhaverbeke</p> <p>11:00 - 12:00 Zumba® Group Classes Studio Faye Porteman</p> <p>12:30 - 13:30 Women's Strength Training (SGT) Jamal Auassar</p> | <p>10:00 - 11:00 Boxing Boxing Cube Ronny De Groeve</p> <p>11:00 - 12:00 Flow Group Classes Studio Marc De Scheemaecker</p> | | |

| MA, 04 NOV | DI, 05 NOV | WO, 06 NOV | DO, 07 NOV | VR, 08 NOV | ZA, 09 NOV | ZO, 10 NOV |
|---|---|---|---|---|---|--|
| <p>17:00 - 18:00 Women's Strength Training (SGT) Fitness Floor Ilona Desmet</p> | <p>10:45 - 11:45 Women's Strength Training (SGT) Fitness Floor Ilona Desmet</p> | <p>10:30 - 11:30 Sculpt Group Classes Studio Leslie Page</p> | <p>10:30 - 11:30 Pilates Group Classes Studio Leslie Page</p> | <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Katleen De Temmerman</p> | <p>10:00 - 11:00 BBB Group Classes Studio Faye Porteman</p> | <p>10:00 - 11:00 Boxing Boxing Cube Ronny De Groeve</p> |
| <p>18:00 - 19:00 BBB Group Classes Studio Sophie Morobé</p> | <p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor</p> | <p>11:30 - 12:30 Pilates Group Classes Studio Leslie Page</p> | <p>10:45 - 11:45 Men's Strength Training (SGT) Fitness Floor Mylan Pycke</p> | | <p>11:00 - 12:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Benjamien Vanhaverbeke</p> | <p>11:00 - 12:00 Flow Group Classes Studio Marc De Scheemaecker</p> |
| <p>18:00 - 19:00 HIIT Boxing Boxing Cube Quinten Gripe</p> | <p>18:00 - 19:00 Les Mills Bodypump™ Elke Blansaer</p> | <p>17:00 - 18:00 Women's Strength Training (SGT) Fitness Floor Mylan Pycke</p> | <p>17:00 - 18:00 Men's Strength Training (SGT) Fitness Floor Ilona Desmet</p> | | <p>11:00 - 12:00 Zumba® Group Classes Studio Faye Porteman</p> | |
| <p>18:00 - 19:00 Men's Strength Training (SGT) Fitness Floor Mylan Pycke</p> | <p>18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Mylan Pycke</p> | <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor</p> | <p>17:30 - 18:30 HIIT Boxing Boxing Cube Quinten Gripe</p> | | <p>12:30 - 13:30 Women's Strength Training (SGT) Jamal Aouassar</p> | |
| <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Katleen De Temmerman</p> | <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascale Roorda</p> | <p>18:30 - 19:30 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Daisy Dejonghe</p> | <p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Daisy Dejonghe</p> | | | |
| <p>19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Daisy Dejonghe</p> | <p>19:00 - 20:00 Total Body Conditioning Group Classes Studio alix willems</p> | <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Elke Blansaer</p> | <p>18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Steven Dendoncker</p> | | | |
| <p>20:00 - 21:00 Les Mills Bodypump™ Group Classes Studio Daisy Dejonghe</p> | <p>20:00 - 21:00 Cardio boxing Boxing Cube An De Decker</p> | <p>19:30 - 20:30 Core Group Classes Studio Daisy Dejonghe</p> | <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Eveline Snellinckx</p> | | | |
| | <p>20:00 - 21:00 Yoga Group Classes Studio André Galle</p> | <p>20:30 - 21:30 Les Mills Bodypump™ Group Classes Studio Daisy Dejonghe</p> | <p>19:00 - 20:00 Zumba® Group Classes Studio Faye Porteman</p> | | | |
| | | | <p>20:00 - 21:00 Yoga Group Classes Studio Wilfrieda Paessens</p> | | | |