

DI, 10 SEP	WO, 11 SEP	DO, 12 SEP	VR, 13 SEP	ZA, 14 SEP	ZO, 15 SEP	MA, 16 SEP
18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Alex Van den berghe	17:30 - 18:30 <b>Power</b> Functional Zone   Louis Fauvarque	18:30 - 19:30 <b>Power</b> Functional Zone   Louis Fauvarque	11:00 - 12:00 <b>Start To Workout (SGT)</b> Fitness Floor   Alex Van den berghe			18:45 - 19:00 <b>Core</b> Functional Zone   Alex Van den berghe
	18:30 - 19:00 <b>Mobility (SGT)</b> Functional Zone   Louis Fauvarque	19:30 - 20:30 <b>Power</b> Functional Zone   Louis Fauvarque				19:00 - 20:00 <b>HIIT</b> Functional Zone   Alex Van den berghe
	19:00 - 20:00 <b>HIIT</b> Functional Zone   Wout Degline					

DI, 17 SEP	WO, 18 SEP	DO, 19 SEP	VR, 20 SEP	ZA, 21 SEP	ZO, 22 SEP	MA, 23 SEP
17:00 - 18:00 <b>Suspension Training</b> Functional Zone   Wout Degline	17:30 - 18:30 <b>Power</b> Functional Zone   Louis Fauvarque	18:30 - 19:30 <b>Power</b> Functional Zone   Louis Fauvarque	11:00 - 12:00 <b>Start To Workout (SGT)</b> Fitness Floor   Alex Van den berghe			18:45 - 19:00 <b>Core</b> Functional Zone   Alex Van den berghe
18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Alex Van den berghe	18:30 - 19:00 <b>Mobility (SGT)</b> Functional Zone   Louis Fauvarque	19:30 - 20:30 <b>Power</b> Functional Zone   Louis Fauvarque				19:00 - 20:00 <b>HIIT</b> Functional Zone   Alex Van den berghe
	19:00 - 20:00 <b>HIIT</b> Functional Zone   Wout Degline					