

MA, 30 SEP

DI, 01 OKT

WO, 02 OKT

DO, 03 OKT

VR, 04 OKT

ZA, 05 OKT

ZO, 06 OKT

17:00 - 18:00
Suspension Training
Functional Zone | Wout Degline

18:00 - 19:00
Start To Workout (SGT)
Fitness Floor | Alex Van den berghe

17:30 - 18:30
Power
Functional Zone | Louis Fauvarque

18:30 - 19:00
Mobility (SGT)
Functional Zone | Louis Fauvarque

19:00 - 20:00
HIIT
Functional Zone | Wout Degline

11:00 - 12:00
Start To Workout (SGT)
Fitness Floor | Alex Van den berghe

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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18:45 - 19:00
Core
 Functional Zone | Alex Van den berghe

19:00 - 20:00
HIIT
 Functional Zone | Alex Van den berghe

17:00 - 18:00
Suspension Training
 Functional Zone | Wout Degline

18:00 - 19:00
Start To Workout (SGT)
 Fitness Floor | Alex Van den berghe

17:30 - 18:30
Power
 Functional Zone | Louis Fauvarque

18:30 - 19:00
Mobility (SGT)
 Functional Zone | Louis Fauvarque

19:00 - 20:00
HIIT
 Functional Zone | Wout Degline

18:30 - 19:30
Power
 Functional Zone | Louis Fauvarque

19:30 - 20:30
Power
 Functional Zone | Louis Fauvarque

11:00 - 12:00
Start To Workout (SGT)
 Fitness Floor | Alex Van den berghe