

MA, 28 OKT

DI, 29 OKT

WO, 30 OKT

DO, 31 OKT

VR, 01 NOV

ZA, 02 NOV

ZO, 03 NOV

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

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

17:00 - 18:00
Booty
| Katrien Foncé

18:00 - 19:00
Power
Functional Zone | Louis Fauvarque

19:00 - 20:00
Power
Functional Zone | Louis Fauvarque

MA, 04 NOV	DI, 05 NOV	WO, 06 NOV	DO, 07 NOV	VR, 08 NOV	ZA, 09 NOV	ZO, 10 NOV
18:00 - 19:00 BBB Functional Zone Katrien Foncé	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Alex Van den berghe	17:30 - 18:30 Power Functional Zone Louis Fauvarque	17:00 - 18:00 Booty Katrien Foncé			
19:00 - 20:00 HIIT Functional Zone Alex Van den berghe	19:00 - 19:30 Core Functional Zone Alex Van den berghe	18:30 - 19:00 Mobility (SGT) Functional Zone Louis Fauvarque	18:00 - 19:00 Power Functional Zone Louis Fauvarque			
		19:00 - 20:00 HIIT Functional Zone Wout Degline	19:00 - 20:00 Power Functional Zone Louis Fauvarque			