

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
HIIT Boxing
Performance Cube | Rita Mariana medeiros farhina

20:00 - 21:00
HYROX
Performance Cube | Ahmed Elfalahgy

07:30 - 08:30
HYROX
Performance Cube | Ahmed Elfalahgy

18:00 - 19:00
Women's Strength Training (SGT)
Fitness Floor | Leuven Bondgenoten

19:00 - 20:00
Cardio boxing
Performance Cube | Amiry Farhat

19:00 - 19:45
Conditionnement (SGT)
Fitness Floor | Leuven Bondgenoten

10:00 - 11:00
Cardio boxing
Performance Cube | Amiry Farhat

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 Moving Moms (SGT) Fitness Floor Leuven Bondgenoten</p>	<p>18:00 - 19:00 KICK CUBE (BE) Performance Cube Laetitia Faut</p>	<p>17:00 - 18:00 HIIT Boxing Performance Cube Rita Mariana medeiros farhina</p>	<p>07:30 - 08:30 HYROX Performance Cube Ahmed Elfalahgy</p>	<p>18:00 - 19:00 WOD Performance Cube Laetitia Faut</p>		<p>10:00 - 11:00 Cardio boxing Performance Cube Amiry Farhat</p>
<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Leuven Bondgenoten</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Leuven Bondgenoten</p>	<p>19:00 - 19:45 Squat Bench Deadlift (SGT) Performance Cube Senne Briesen</p>	<p>18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Leuven Bondgenoten</p>	<p>19:00 - 20:00 KICK CUBE (BE) Performance Cube Laetitia Faut</p>		
<p>20:00 - 21:00 HYROX Performance Cube Ahmed Elfalahgy</p>	<p>19:00 - 19:45 Healthy Back (SGT) Fitness Floor Leuven Bondgenoten</p>	<p>20:00 - 21:00 HYROX Performance Cube Ahmed Elfalahgy</p>	<p>19:00 - 20:00 Cardio boxing Performance Cube Amiry Farhat</p>			
<p>20:00 - 21:00 Power Functional Zone Willem Van Assche</p>	<p>19:00 - 20:00 WOD Performance Cube Laetitia Faut</p>		<p>19:00 - 19:45 Conditionnement (SGT) Fitness Floor Leuven Bondgenoten</p>			
<p>20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Leuven Bondgenoten</p>						