

MA, 30 SEP	DI, 01 OKT	WO, 02 OKT	DO, 03 OKT	VR, 04 OKT	ZA, 05 OKT	ZO, 06 OKT
	<p>14:00 - 15:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Ian Van de veire</p>	<p>09:30 - 10:00 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel</p>	<p>17:00 - 18:00 <b>Start To Workout (SGT)</b> Fitness Floor   Ian Van de veire</p>	<p>10:00 - 10:30 <b>Core</b> Functional Zone   Matthias Criel</p>		
	<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Merel Van Damme</p>	<p>10:00 - 10:30 <b>Core</b> Functional Zone   Merel Van Damme</p>	<p>18:45 - 19:15 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel</p>	<p>10:30 - 11:00 <b>Fitball</b> Functional Zone   Matthias Criel</p>		
	<p>18:45 - 19:15 <b>Fitball</b> Functional Zone   Matthias Criel</p>	<p>10:30 - 11:30 <b>Crosstraining</b> Functional Zone   Matthias Criel</p>	<p>19:15 - 20:15 <b>Strongman</b> Functional Zone   Matthias Criel</p>	<p>11:00 - 11:30 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel</p>		
	<p>19:00 - 19:45 <b>Conditionnement (SGT)</b> Fitness Floor   Cindy Roels</p>	<p>14:00 - 14:45 <b>Conditionnement (SGT)</b> Fitness Floor   Cindy Roels</p>	<p>20:15 - 21:15 <b>Pilates</b> Functional Zone   Matthias Criel</p>			
	<p>19:15 - 20:15 <b>Pilates</b> Functional Zone   Matthias Criel</p>	<p>18:00 - 18:45 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Ferre Goossen</p>				
	<p>20:00 - 21:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Ferre Goossen</p>	<p>18:45 - 19:15 <b>Core</b> Functional Zone   Matthias Criel</p>				
	<p>20:15 - 21:15 <b>BBB</b>   Matthias Criel</p>	<p>19:00 - 20:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Ferre Goossen</p>				
		<p>19:15 - 20:15 <b>XCORE®</b> Functional Zone   Liese Daelman</p>				
		<p>20:00 - 21:00 <b>Start To Workout (SGT)</b> Fitness Floor   Merel Van Damme</p>				
		<p>20:15 - 21:15 <b>Power</b> Functional Zone   Liese Daelman</p>				

MA, 07 OKT	DI, 08 OKT	WO, 09 OKT	DO, 10 OKT	VR, 11 OKT	ZA, 12 OKT	ZO, 13 OKT
10:00 - 11:00 <b>Core</b> Functional Zone   Matthias Criel	14:00 - 15:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Ian Van de veire	09:30 - 10:00 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel	17:00 - 18:00 <b>Start To Workout (SGT)</b> Fitness Floor   Ian Van de veire	10:00 - 10:30 <b>Core</b> Functional Zone   Matthias Criel		
10:30 - 11:30 <b>BBB</b>   Matthias Criel	18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Merel Van Damme	10:00 - 10:30 <b>Core</b> Functional Zone   Merel Van Damme	18:45 - 19:15 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel	10:30 - 11:00 <b>Fitball</b> Functional Zone   Matthias Criel		
13:00 - 14:00 <b>Start To Workout (SGT)</b> Fitness Floor   Ian Van de veire	18:45 - 19:15 <b>Fitball</b> Functional Zone   Matthias Criel	10:30 - 11:30 <b>Crosstraining</b> Functional Zone   Matthias Criel	19:15 - 20:15 <b>Strongman</b> Functional Zone   Matthias Criel	11:00 - 11:30 <b>Total Body Conditioning</b> Functional Zone   Matthias Criel		
17:00 - 17:45 <b>Healthy Back (SGT)</b> Fitness Floor   Ferre Goossen	19:00 - 19:45 <b>Conditionnement (SGT)</b> Fitness Floor   Cindy Roels	14:00 - 14:45 <b>Conditionnement (SGT)</b> Fitness Floor   Cindy Roels	20:15 - 21:15 <b>Pilates</b> Functional Zone   Matthias Criel			
18:00 - 18:45 <b>Conditionnement (SGT)</b> Fitness Floor   Ian Van de veire	19:15 - 20:15 <b>Pilates</b> Functional Zone   Matthias Criel	18:00 - 18:45 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Ferre Goossen				
18:45 - 19:15 <b>Core</b> Functional Zone   Matthias Criel	20:00 - 21:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Ferre Goossen	18:45 - 19:15 <b>Core</b> Functional Zone   Matthias Criel				
19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Merel Van Damme	20:15 - 21:15 <b>BBB</b>   Matthias Criel	19:00 - 20:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Ferre Goossen				
19:15 - 20:15 <b>BBB</b> Functional Zone   Matthias Criel		19:15 - 20:15 <b>XCORE®</b> Functional Zone   Liese Daelman				
20:00 - 20:45 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Ferre Goossen		20:00 - 21:00 <b>Start To Workout (SGT)</b> Fitness Floor   Merel Van Damme				
20:15 - 21:15 <b>Crosstraining</b> Functional Zone   Matthias Criel		20:15 - 21:15 <b>Power</b> Functional Zone   Liese Daelman				