

MA, 28 OKT	DI, 29 OKT	WO, 30 OKT	DO, 31 OKT	VR, 01 NOV	ZA, 02 NOV	ZO, 03 NOV
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09:30 - 10:00
Total Body Conditioning
 Functional Zone | Matthias Criel

10:00 - 10:30
Core
 Functional Zone | Merel Van Damme

10:30 - 11:30
Crosstraining
 Functional Zone | Matthias Criel

14:00 - 14:45
Conditionnement (SGT)
 Fitness Floor | Cindy Roels

18:00 - 18:45
Squat Bench Deadlift (SGT)
 Fitness Floor | Ferre Goossen

18:45 - 19:15
Core
 Functional Zone | Matthias Criel

19:00 - 20:00
Women's Strength Training (SGT)
 Fitness Floor | Ferre Goossen

19:15 - 20:15
XCORE®
 Functional Zone | Liese Daelman

20:00 - 21:00
Start To Workout (SGT)
 Fitness Floor | Merel Van Damme

20:15 - 21:15
Power
 Functional Zone | Liese Daelman

17:00 - 18:00
Start To Workout (SGT)
 Fitness Floor | Ian Van de veire

18:45 - 19:15
Total Body Conditioning
 Functional Zone | Matthias Criel

19:15 - 20:15
Strongman
 Functional Zone | Matthias Criel

20:15 - 21:15
Pilates
 Functional Zone | Matthias Criel

10:00 - 10:30
Core
 Functional Zone | Matthias Criel

10:30 - 11:00
Fitball
 Functional Zone | Matthias Criel

11:00 - 11:30
Total Body Conditioning
 Functional Zone | Matthias Criel

MA, 04 NOV	DI, 05 NOV	WO, 06 NOV	DO, 07 NOV	VR, 08 NOV	ZA, 09 NOV	ZO, 10 NOV
<p>10:00 - 10:30 Core Functional Zone Matthias Criel</p>	<p>14:00 - 15:00 Women's Strength Training (SGT) Fitness Floor Ian Van de veire</p>	<p>09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel</p>	<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de veire</p>	<p>10:00 - 10:30 Core Functional Zone Matthias Criel</p>		
<p>10:30 - 11:30 BBB Matthias Criel</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>	<p>10:00 - 10:30 Core Functional Zone Merel Van Damme</p>	<p>18:45 - 19:15 Total Body Conditioning Functional Zone Matthias Criel</p>	<p>10:30 - 11:00 Fitball Functional Zone Matthias Criel</p>		
<p>13:00 - 14:00 Start To Workout (SGT) Fitness Floor Ian Van de veire</p>	<p>18:45 - 19:15 Fitball Functional Zone Matthias Criel</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Matthias Criel</p>	<p>19:15 - 20:15 Strongman Functional Zone Matthias Criel</p>	<p>11:00 - 11:30 Total Body Conditioning Functional Zone Matthias Criel</p>		
<p>17:00 - 17:45 Healthy Back (SGT) Fitness Floor Ferre Goossen</p>	<p>19:00 - 19:45 Conditionnement (SGT) Fitness Floor Cindy Roels</p>	<p>14:00 - 14:45 Conditionnement (SGT) Fitness Floor Cindy Roels</p>	<p>20:15 - 21:15 Pilates Functional Zone Matthias Criel</p>			
<p>18:00 - 18:45 Conditionnement (SGT) Fitness Floor Ian Van de veire</p>	<p>19:15 - 20:15 Pilates Functional Zone Matthias Criel</p>	<p>18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen</p>				
<p>18:45 - 19:15 Core Functional Zone Matthias Criel</p>	<p>20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen</p>	<p>18:45 - 19:15 Core Functional Zone Matthias Criel</p>				
<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>	<p>20:15 - 21:15 BBB Matthias Criel</p>	<p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen</p>				
<p>19:15 - 20:15 BBB Functional Zone Matthias Criel</p>		<p>19:15 - 20:15 XCORE® Functional Zone Liese Daelman</p>				
<p>20:00 - 20:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen</p>		<p>20:00 - 21:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>				
<p>20:15 - 21:15 Crosstraining Functional Zone Matthias Criel</p>		<p>20:15 - 21:15 Power Functional Zone Liese Daelman</p>				