

MA, 03 FEB	DI, 04 FEB	WO, 05 FEB	DO, 06 FEB	VR, 07 FEB	ZA, 08 FEB	ZO, 09 FEB
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18:00 - 19:00  
**BBB**  
 Functional Zone | Katrien Foncé

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

19:30 - 20:30  
**Crosstraining**  
 Functional Zone | Jims Kortrijk

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

17:00 - 18:00  
**Women's Strength Training (SGT)**  
 | Katrien Foncé

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

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

MA, 10 FEB	DI, 11 FEB	WO, 12 FEB	DO, 13 FEB	VR, 14 FEB	ZA, 15 FEB	ZO, 16 FEB
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18:00 - 19:00  
**BBB**  
 Functional Zone | Katrien Foncé

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**HIIT**  
 Functional Zone | Alex Van den berghe

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