

MA, 03 FEB	DI, 04 FEB	WO, 05 FEB	DO, 06 FEB	VR, 07 FEB	ZA, 08 FEB	ZO, 09 FEB
<p>18:00 - 19:00 <b>Sculpt</b> Group Classes Studio   Emeni Bader</p>	<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Jules De jonghe</p>	<p>18:00 - 19:00 <b>Pilates</b> Group Classes Studio   Michelle Elsen</p>	<p>13:00 - 13:30 <b>MOVE FOR HEALTH SGT (BE)</b> Functional Zone   Mike Hondeghem</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Cube   Sara Bedoya Moreno</p>	<p>10:00 - 11:00 <b>BBB</b> Group Classes Studio</p>	<p>09:45 - 10:45 <b>Les Mills Bodypump™</b> Group Classes Studio   An De Decker</p>
<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Niels Vermeiren</p>	<p>18:15 - 19:15 <b>Zumba®</b> Group Classes Studio   Ilayda Yücel</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Ruy Watteny</p>	<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Ruy Watteny</p>	<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Mike Hondeghem</p>	<p>11:15 - 12:15 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascale Roorda</p>	<p>11:00 - 12:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   An De Decker</p>
<p>19:00 - 20:00 <b>BBB</b> Group Classes Studio   Emeni Bader</p>	<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Functional Zone   Niels Vermeiren</p>	<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Jules De jonghe</p>	<p>18:00 - 19:00 <b>Yoga</b> Group Classes Studio   Laura Parmentier</p>	<p>12:00 - 13:00 <b>Men's Strength Training (SGT)</b> Functional Zone   Niels Vermeiren</p>	<p>11:00 - 11:30 <b>HIIT</b> Group Classes Studio   Quinten Gripe</p>	<p>11:00 - 11:30 <b>HIIT</b> Group Classes Studio   Quinten Gripe</p>
<p>19:00 - 20:00 <b>Healthy Back (SGT)</b> Functional Zone   Ruy Watteny</p>	<p>19:15 - 20:15 <b>Pilates</b> Group Classes Studio   Laura Parmentier</p>	<p>19:00 - 20:00 <b>Yoga</b> Group Classes Studio   Judith De Mulder</p>	<p>19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman</p>	<p>11:00 - 12:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Ruy Watteny</p>	<p>11:30 - 12:00 <b>Core</b> Group Classes Studio   Quinten Gripe</p>	<p>11:30 - 12:00 <b>Core</b> Group Classes Studio   Quinten Gripe</p>
<p>20:00 - 21:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Olivier Ockers</p>	<p>20:00 - 21:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman</p>		<p>19:00 - 20:00 <b>Men's Strength Training (SGT)</b> Functional Zone   Ruy Watteny</p>	<p>20:00 - 21:00 <b>Crosstraining</b> Functional Zone   Mike Hondeghem</p>	<p>12:00 - 13:00 <b>Callisthenics</b> Functional Zone   Niels Vermeiren</p>	<p>12:00 - 13:00 <b>Callisthenics</b> Functional Zone   Niels Vermeiren</p>
			<p>20:00 - 21:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Katleen De Temmerman</p>			

MA, 10 FEB	DI, 11 FEB	WO, 12 FEB	DO, 13 FEB	VR, 14 FEB	ZA, 15 FEB	ZO, 16 FEB
<p>18:00 - 19:00 <b>Sculpt</b> Group Classes Studio   Emeni Bader</p> <p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Niels Vermeiren</p> <p>19:00 - 20:00 <b>BBB</b> Group Classes Studio   Emeni Bader</p> <p>19:00 - 20:00 <b>Healthy Back (SGT)</b> Functional Zone   Ruy Watteny</p> <p>20:00 - 21:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Olivier Ockers</p>	<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Jules De jonghe</p> <p>18:15 - 19:15 <b>Zumba®</b> Group Classes Studio   Ilayda Yücel</p> <p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Functional Zone   Ruy Watteny</p> <p>19:15 - 20:15 <b>Pilates</b> Group Classes Studio   Laura Parmentier</p> <p>20:00 - 21:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman</p>	<p>18:00 - 19:00 <b>Pilates</b> Group Classes Studio   Michelle Elsen</p> <p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Ruy Watteny</p> <p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Jules De jonghe</p> <p>19:00 - 20:00 <b>Yoga</b> Group Classes Studio   Judith De Mulder</p>	<p>13:00 - 13:30 <b>MOVE FOR HEALTH SGT (BE)</b> Functional Zone   Mike Hondeghem</p> <p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Functional Zone   Ruy Watteny</p> <p>18:00 - 19:00 <b>Yoga</b> Group Classes Studio   Laura Parmentier</p> <p>19:00 - 20:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Katleen De Temmerman</p> <p>19:00 - 20:00 <b>Men's Strength Training (SGT)</b> Functional Zone   Mike Hondeghem</p> <p>20:00 - 21:00 <b>Crosstraining</b> Functional Zone   Mike Hondeghem</p> <p>20:00 - 21:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Katleen De Temmerman</p>	<p>18:30 - 19:30 <b>Indoor Cycling</b> Cycling Cube   Sara Bedoya Moreno</p> <p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Mike Hondeghem</p>	<p>10:00 - 11:00 <b>BBB</b> Group Classes Studio   Daisy Dejonghe</p> <p>11:00 - 12:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   Pascal Rooms</p> <p>12:00 - 13:00 <b>Men's Strength Training (SGT)</b> Functional Zone   Niels Vermeiren</p>	<p>09:45 - 10:45 <b>Les Mills Bodypump™</b> Group Classes Studio   An De Decker</p> <p>11:00 - 12:00 <b>COACH BY COLOR® Cycling Cube (BE)</b> Cycling Cube   An De Decker</p> <p>11:00 - 11:30 <b>HIIT</b> Group Classes Studio   Quinten Gripe</p> <p>11:00 - 12:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Niels Vermeiren</p> <p>11:30 - 12:00 <b>Core</b> Group Classes Studio   Quinten Gripe</p> <p>12:00 - 13:00 <b>Callisthenics</b> Functional Zone   Niels Vermeiren</p>