

MA, 10 MRT	DI, 11 MRT	WO, 12 MRT	DO, 13 MRT	VR, 14 MRT	ZA, 15 MRT	ZO, 16 MRT
<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jonathan Vermeulen</p> <p>20:00 - 21:00 <b>Core</b> Functional Zone</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Jonathan Vermeulen</p> <p>19:10 - 19:40 <b>Mobility (SGT)</b> Fitness Floor</p> <p>20:00 - 21:00 <b>Total Body Conditioning</b>   Shauna Vandamme</p>	<p>17:00 - 17:45 <b>Move For Health (SGT)</b>   Quinten Gripe</p> <p>18:00 - 19:00 <b>Moving Moms (SGT)</b>   Kaija Heirman</p> <p>19:00 - 20:00 <b>HIIT Boxing</b>   Quinten Gripe</p> <p>20:00 - 20:30 <b>HIIT</b>   Quinten Gripe</p> <p>20:30 - 21:00 <b>Core</b> Functional Zone   Quinten Gripe</p>	<p>19:30 - 20:30 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Functional Zone   Quinten Gripe</p>		<p>10:00 - 10:30 <b>HIIT</b>   Quinten Gripe</p> <p>10:30 - 11:00 <b>Core</b>   Quinten Gripe</p> <p>11:00 - 12:00 <b>HIIT Boxing</b>   Quinten Gripe</p>	

MA, 17 MRT	DI, 18 MRT	WO, 19 MRT	DO, 20 MRT	VR, 21 MRT	ZA, 22 MRT	ZO, 23 MRT
<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jonathan Vermeulen</p> <p>20:00 - 21:00 <b>Core</b> Functional Zone</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Jonathan Vermeulen</p> <p>19:10 - 19:40 <b>Mobility (SGT)</b> Fitness Floor</p> <p>20:00 - 21:00 <b>Total Body Conditioning</b>   Shauna Vandamme</p>	<p>17:00 - 17:45 <b>Move For Health (SGT)</b>   Quinten Gripe</p> <p>18:00 - 19:00 <b>Moving Moms (SGT)</b>   Kaija Heirman</p> <p>19:00 - 20:00 <b>HIIT Boxing</b> Functional Zone   Quinten Gripe</p> <p>19:00 - 20:00 <b>HIIT Boxing</b>   Quinten Gripe</p> <p>20:00 - 20:30 <b>HIIT</b>   Quinten Gripe</p> <p>20:30 - 21:00 <b>Core</b> Functional Zone   Quinten Gripe</p>	<p>19:30 - 20:30 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Functional Zone   Quinten Gripe</p>		<p>10:00 - 10:30 <b>HIIT</b>   Quinten Gripe</p> <p>10:30 - 11:00 <b>Core</b>   Quinten Gripe</p> <p>11:00 - 12:00 <b>HIIT Boxing</b>   Quinten Gripe</p>	