

MA, 31 MRT	DI, 01 APR	WO, 02 APR	DO, 03 APR	VR, 04 APR	ZA, 05 APR	ZO, 06 APR
<p>17:30 - 18:30 <b>Women's Strength Training (SGT)</b> Functional Zone   Margot Maloteau</p> <p>18:30 - 19:30 <b>COACH BY COLOR® Cycling</b> Group Classes Studio   Bruno Slegers</p> <p>19:30 - 20:30 <b>PARTYROBICS® CARDIO DANCE (BE)</b> Group Classes Studio   Lucie Coppens</p>	<p>12:00 - 13:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Sebastien Renier</p> <p>17:30 - 18:15 <b>Perte De Poids (SGT)</b> Functional Zone   Timothee Dufrasne</p> <p>17:30 - 18:30 <b>Suspension Training</b> Group Classes Studio   Lydia Lopez ballester</p> <p>18:30 - 19:30 <b>Start To Workout (SGT)</b> Functional Zone   Margot Maloteau</p> <p>18:30 - 19:30 <b>Zumba®</b> Group Classes Studio   Valérie Pecourt</p> <p>19:30 - 20:30 <b>Pilates</b> Group Classes Studio   Lydia Lopez ballester</p>	<p>17:30 - 18:30 <b>Cuissas Abdos Fessiers (CAF)</b> Group Classes Studio   Lydia Lopez ballester</p> <p>18:30 - 19:30 <b>Crosstraining</b>   Margot Maloteau</p> <p>18:30 - 19:30 <b>Start To Workout (SGT)</b> Fitness Floor   Bruno Slegers</p> <p>18:30 - 19:30 <b>Yoga</b> Group Classes Studio   Lydia Lopez ballester</p> <p>19:30 - 20:30 <b>COACH BY COLOR® Cycling</b> Group Classes Studio   Sebastien Renier</p>	<p>17:30 - 18:30 <b>Core</b> Functional Zone   Sebastien Renier</p> <p>18:30 - 19:30 <b>Mobility (SGT)</b> Group Classes Studio   Nicolas Havet</p> <p>18:30 - 19:15 <b>Squat Bench Deadlift (SGT)</b> Functional Zone   Margot Maloteau</p> <p>19:30 - 20:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Nicolas Havet</p>	<p>12:00 - 13:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Timothee Dufrasne</p>	<p>10:00 - 11:00 <b>SELF DEFENSE (BE)</b> Functional Zone   François-Guillaume Nihoul</p> <p>11:00 - 12:00 <b>Kick</b> Group Classes Studio   François-Guillaume Nihoul</p>	<p>10:00 - 11:00 <b>Mobility (SGT)</b> Functional Zone   Sebastien Renier</p> <p>11:00 - 12:00 <b>Crosstraining</b> Functional Zone   Sebastien Renier</p> <p>11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Melanie Teise</p>

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