

LUN., 18 NOV.	MAR., 19 NOV.	MER., 20 NOV.	JEU., 21 NOV.	VEN., 22 NOV.	SAM., 23 NOV.	DIM., 24 NOV.
<p>18:00 - 19:00 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Group Classes Studio   Julie Cooremans</p> <p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Esther Fischbach</p> <p>19:05 - 19:50 <b>Weight Loss (SGT)</b> Functional Zone   Kévin De Wachter</p> <p>19:15 - 20:15 <b>Zumba®</b> Group Classes Studio   Aurelie Tuli</p>	<p>07:15 - 08:15 <b>Yoga</b> Group Classes Studio   Maya Alvini</p> <p>12:15 - 13:15 <b>TAE BO ®</b> Group Classes Studio   Nathalie Berrettoni</p> <p>18:00 - 19:00 <b>Animal Flow</b> Group Classes Studio   Stephan Giunta</p> <p>18:00 - 18:45 <b>HIIT</b> Functional Zone   Julie Cooremans</p> <p>19:00 - 20:00 <b>Moving Moms (SGT)</b> Group Classes Studio   Esther Fischbach</p> <p>19:05 - 20:05 <b>Crosstraining</b> Functional Zone   Julie Cooremans</p> <p>19:05 - 20:05 <b>Pilates</b> Group Classes Studio   Aurore Martano</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Esther Fischbach</p> <p>18:00 - 19:00 <b>Yoga</b> Group Classes Studio   Floriana Palmieri</p> <p>19:00 - 19:45 <b>Healthy Back (SGT)</b> Functional Zone   Michael Dolu</p> <p>19:15 - 20:15 <b>Dance</b> Group Classes Studio   Mouna Assoufi</p>	<p>12:15 - 13:15 <b>Pilates</b> Group Classes Studio   Aurore Martano</p> <p>12:15 - 13:15 <b>Pilates</b>   Magicline Magicline</p> <p>18:00 - 19:00 <b>Moving Moms (SGT)</b> Functional Zone   Weronika Wisniewska</p> <p>18:30 - 19:30 <b>Boxing</b> Group Classes Studio   Mohamed Touré</p> <p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Kévin De Wachter</p> <p>19:15 - 20:15 <b>Crosstraining</b> Functional Zone   David Todero</p> <p>19:30 - 20:30 <b>Animal Flow</b> Group Classes Studio   Stephan Giunta</p>	<p>09:00 - 10:00 <b>Yoga</b> Group Classes Studio   Floriana Palmieri</p> <p>12:15 - 13:15 <b>Pilates</b> Group Classes Studio   Celine Senay</p>	<p>10:00 - 11:00 <b>Yoga</b> Group Classes Studio   Laura Mann</p> <p>10:30 - 11:30 <b>Core</b> Functional Zone   David Todero</p> <p>11:05 - 12:05 <b>HIIT</b> Group Classes Studio   Laura Mann</p> <p>11:45 - 12:45 <b>Crosstraining</b> Functional Zone   David Todero</p>	<p>10:00 - 11:00 <b>Burn</b> Group Classes Studio   Julie Cooremans</p> <p>11:05 - 12:05 <b>Mobility (SGT)</b> Functional Zone   Julie Cooremans</p> <p>12:10 - 13:10 <b>Zumba®</b> Group Classes Studio   Aurelie Tuli</p> <p>13:15 - 14:15 <b>Boxing</b> Group Classes Studio   Jims Auderghem</p> <p>14:15 - 15:15 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Group Classes Studio   Julie Cooremans</p>

LUN., 25 NOV.	MAR., 26 NOV.	MER., 27 NOV.	JEU., 28 NOV.	VEN., 29 NOV.	SAM., 30 NOV.	DIM., 01 DÉC.
<p>18:00 - 19:00 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Group Classes Studio   Julie Cooremans</p>	<p>07:15 - 08:15 <b>Yoga</b> Group Classes Studio   Maya Alvini</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Esther Fischbach</p>	<p>12:15 - 13:15 <b>Pilates</b> Group Classes Studio   Aurore Martano</p>	<p>09:00 - 10:00 <b>Yoga</b> Group Classes Studio   Floriana Palmieri</p>	<p>10:00 - 11:00 <b>Yoga</b> Group Classes Studio   Laura Mann</p>	<p>10:00 - 11:00 <b>Burn</b> Group Classes Studio   Julie Cooremans</p>
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