

LUN., 18 NOV.	MAR., 19 NOV.	MER., 20 NOV.	JEU., 21 NOV.	VEN., 22 NOV.	SAM., 23 NOV.	DIM., 24 NOV.
07:30 - 08:30 Yoga Group Classes Studio Jims Louise	08:30 - 09:00 Core Functional Zone Jims Louise	10:00 - 10:30 Core Functional Zone Jims Louise	08:30 - 09:00 Core Functional Zone Jims Louise	10:00 - 10:30 Core Functional Zone Jims Louise	10:00 - 11:00 TAF Group Classes Studio Nancy Henry	10:00 - 11:00 Boxing Group Classes Studio Jims Louise
10:00 - 10:30 Core Functional Zone Jims Louise	17:00 - 18:00 Women's Strength Training (SGT) Jims Louise	12:15 - 13:00 TAF Group Classes Studio Nancy Henry	18:00 - 19:00 Sculpt Group Classes Studio Tshilobo Kitumba mukinay	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Marie-sophie Rousseau	11:00 - 12:00 Crosstraining Functional Zone Nancy Henry	11:00 - 12:00 HIIT Group Classes Studio Jims Louise
17:00 - 18:00 Start To Workout (SGT) Fitness Floor Jims Louise	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Jims Louise	17:00 - 17:45 Squat Bench Deadlift (SGT) Fitness Floor Jims Louise	19:00 - 20:00 Boxing Group Classes Studio Tshilobo Kitumba mukinay	19:00 - 20:00 Jims Jump Group Classes Studio Marie-sophie Rousseau	12:00 - 13:00 Les Mills Bodypump™ Group Classes Studio Nicole Van staen	
18:00 - 19:00 Pilates Group Classes Studio Jims Louise	18:00 - 19:00 TAF Group Classes Studio Benjamin Bresseleers	18:00 - 19:00 Women's Strength Training (SGT) Jims Louise			13:00 - 14:00 Yoga Group Classes Studio Jims Louise	
18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Jims Louise	19:00 - 20:00 Crosstraining Functional Zone Benjamin Bresseleers	18:00 - 19:00 Yoga Group Classes Studio Jims Louise				
19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf	19:00 - 19:45 Squat Bench Deadlift (SGT) Fitness Floor Jims Louise	18:00 - 19:00 Yoga Group Classes Studio Jims Louise				
19:00 - 20:00 Les Mills Bodypump™ Yannick Gozo	19:00 - 20:00 Zumba® Group Classes Studio Esmeralda Labye	19:00 - 20:00 Crosstraining Functional Zone Jims Louise				
19:00 - 20:00 Women's Strength Training (SGT) Jims Louise		19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Yannick Gozo				
		19:00 - 20:00 Start To Workout (SGT) Fitness Floor Jims Louise				

LUN., 25 NOV.	MAR., 26 NOV.	MER., 27 NOV.	JEU., 28 NOV.	VEN., 29 NOV.	SAM., 30 NOV.	DIM., 01 DÉC.
<p>07:30 - 08:30 Yoga Group Classes Studio Jims Louise</p>	<p>08:30 - 09:30 Core Functional Zone Jims Louise</p>	<p>10:00 - 10:30 Core Functional Zone Jims Louise</p>	<p>08:30 - 09:30 Core Functional Zone Jims Louise</p>	<p>10:00 - 11:00 Core Functional Zone Jims Louise</p>	<p>10:00 - 11:00 TAF Group Classes Studio Nancy Henry</p>	<p>10:00 - 11:00 Boxing Group Classes Studio Jims Louise</p>
<p>10:00 - 10:30 Core Functional Zone Jims Louise</p>	<p>17:00 - 18:00 Women's Strength Training (SGT) Jims Louise</p>	<p>12:15 - 13:00 TAF Group Classes Studio Nancy Henry</p>	<p>18:00 - 19:00 Sculpt Group Classes Studio Tshilobo Kitumba mukinay</p>	<p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Marie-sophie Rousseau</p>	<p>11:00 - 12:00 Crosstraining Functional Zone Nancy Henry</p>	<p>11:00 - 12:00 HIIT Group Classes Studio Jims Louise</p>
<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Jims Louise</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Jims Louise</p>	<p>17:00 - 17:45 Squat Bench Deadlift (SGT) Fitness Floor Jims Louise</p>	<p>19:00 - 20:00 Boxing Group Classes Studio Tshilobo Kitumba mukinay</p>	<p>19:00 - 20:00 Jims Jump Group Classes Studio Marie-sophie Rousseau</p>	<p>12:00 - 13:00 Les Mills Bodypump™ Group Classes Studio Nicole Van staen</p>	
<p>18:00 - 19:00 Pilates Group Classes Studio Jims Louise</p>	<p>18:00 - 19:00 TAF Group Classes Studio Benjamin Bresseleers</p>	<p>18:00 - 19:00 Women's Strength Training (SGT) Jims Louise</p>			<p>13:00 - 14:00 Yoga Group Classes Studio Jims Louise</p>	
<p>18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Jims Louise</p>	<p>19:00 - 20:00 Crosstraining Functional Zone Benjamin Bresseleers</p>	<p>18:00 - 19:00 Yoga Group Classes Studio Jims Louise</p>				
<p>19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf</p>	<p>19:00 - 19:45 Squat Bench Deadlift (SGT) Fitness Floor Jims Louise</p>	<p>19:00 - 20:00 Les Mills Bodypump™ Nicole Van staen</p>				
<p>19:00 - 20:00 Les Mills Bodypump™ Yannick Gozo</p>	<p>19:00 - 20:00 Zumba® Group Classes Studio Esmeralda Labye</p>	<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Jims Louise</p>				
<p>19:00 - 20:00 Women's Strength Training (SGT) Jims Louise</p>		<p>19:15 - 20:15 Crosstraining Functional Zone Jims Louise</p>				