

LUN., 18 NOV.	MAR., 19 NOV.	MER., 20 NOV.	JEU., 21 NOV.	VEN., 22 NOV.	SAM., 23 NOV.	DIM., 24 NOV.
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19:00 - 20:00
HIIT
 Functional Zone | Alex Van den berghe

17:00 - 18:00
Suspension Training
 Functional Zone | Wout Degline

18:00 - 19:00
Start To Workout (SGT)
 Fitness Floor | Alex Van den berghe

19:00 - 19:30
Core
 Functional Zone | Alex Van den berghe

18:00 - 19:00
Power
 Functional Zone | Louis Fauvarque

18:30 - 19:00
Mobility (SGT)
 Functional Zone | Louis Fauvarque

19:00 - 20:00
HIIT
 Functional Zone | Wout Degline

17:00 - 18:00
Booty
 | Katrien Foncé

17:00 - 18:00
Women's Strength Training (SGT)
 | Katrien Foncé

18:00 - 19:00
Power
 Functional Zone | Louis Fauvarque

19:00 - 20:00
Power
 Functional Zone | Louis Fauvarque

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 BBB Functional Zone Katrien Foncé</p> <p>19:00 - 20:00 HIIT Functional Zone Alex Van den berghe</p>	<p>17:00 - 18:00 Suspension Training Functional Zone Wout Degline</p> <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Alex Van den berghe</p> <p>19:00 - 19:30 Core Functional Zone Alex Van den berghe</p>	<p>17:30 - 18:30 Power Functional Zone Louis Fauvarque</p> <p>18:30 - 19:00 Mobility (SGT) Functional Zone Louis Fauvarque</p> <p>19:00 - 20:00 HIIT Functional Zone Wout Degline</p>	<p>17:00 - 18:00 Booty Katrien Foncé</p> <p>17:00 - 18:00 Women's Strength Training (SGT) Katrien Foncé</p> <p>18:00 - 19:00 Power Functional Zone Louis Fauvarque</p> <p>19:00 - 20:00 Power Functional Zone Louis Fauvarque</p>			