

LUN., 02 DÉC.	MAR., 03 DÉC.	MER., 04 DÉC.	JEU., 05 DÉC.	VEN., 06 DÉC.	SAM., 07 DÉC.	DIM., 08 DÉC.
09:30 - 10:30 Sculpt Group Classes Studio Cindy Passarella	10:00 - 11:00 Core Group Classes Studio Jims Evere	10:00 - 11:00 Pilates Group Classes Studio Anne-Michele Franken	10:00 - 11:00 Sculpt Group Classes Studio Thierry Amirat	10:00 - 11:00 Animal Flow Group Classes Studio Jims Evere	09:30 - 10:30 Zumba® Group Classes Studio Sabrina Verboomen	09:30 - 10:30 TAF Group Classes Studio Anne-Michele Franken
10:30 - 11:30 Mobility (SGT) Group Classes Studio Cindy Passarella	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	11:00 - 12:00 Healthy Back (SGT) Fitness Floor Chloé Meunier	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	12:15 - 13:15 TAF Group Classes Studio David Basdas	10:30 - 11:30 Boxing Group Classes Studio Gerald Vata	10:30 - 11:30 Pilates Group Classes Studio Anne-Michele Franken
12:00 - 13:00 Start To Workout (SGT) Chloé Meunier	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	12:15 - 13:00 Les Mills Bodyattack™ Fitness Floor Thierry Amirat	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Nasreddine Barboucha	11:00 - 11:45 Weight Loss (SGT) Fitness Floor Jims Evere	
18:00 - 19:00 TAF Group Classes Studio Thierry Amirat	11:00 - 12:00 Women's Strength Training (SGT) Fitness Floor Chloé Meunier	17:00 - 18:00 Start To Workout (SGT) Fitness Floor Chloé Meunier	18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Chloé Meunier	18:30 - 19:30 Yoga Group Classes Studio Maya Alvini		
18:30 - 19:15 Healthy Back (SGT) Fitness Floor Ylias Ben Amar	18:00 - 19:00 Crosstraining Functional Zone Ylias Ben Amar	18:00 - 19:00 Boxing Group Classes Studio Tshilobo Kitumba mukinay	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Deborah Noel			
18:30 - 19:30 Yin Yoga Body & Mind Cube Maya Alvini	18:00 - 19:00 TAF Group Classes Studio Vanessa Nellessen	18:00 - 19:00 Crosstraining Functional Zone Maximilien Goraj	18:30 - 19:30 Yoga Body & Mind Cube Maya Alvini			
18:30 - 19:30 Yin Yoga Body & Mind Cube Maya Alvini	19:00 - 20:00 Pilates Group Classes Studio Vanessa Nellessen	19:00 - 20:00 Sculpt Group Classes Studio Tshilobo Kitumba mukinay	18:30 - 19:30 Yoga Body & Mind Cube Maya Alvini			
18:30 - 19:30 Yoga Body & Mind Cube Maya Alvini			19:30 - 20:30 Zumba® Group Classes Studio Sabrina Verboomen			
19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio Thierry Amirat						

LUN., 09 DÉC.	MAR., 10 DÉC.	MER., 11 DÉC.	JEU., 12 DÉC.	VEN., 13 DÉC.	SAM., 14 DÉC.	DIM., 15 DÉC.
09:30 - 10:30 Sculpt Group Classes Studio Cindy Passarella	10:00 - 11:00 Core Group Classes Studio Jims Evere	10:00 - 11:00 Pilates Group Classes Studio Anne-Michele Franken	10:00 - 11:00 Sculpt Group Classes Studio Tshilobo Kitumba mukinay	10:00 - 11:00 Animal Flow Group Classes Studio Jims Evere	09:00 - 10:00 Zumba® Group Classes Studio Sabrina Verboomen	09:30 - 10:30 TAF Group Classes Studio Anne-Michele Franken
10:30 - 11:30 Mobility (SGT) Group Classes Studio Cindy Passarella	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	11:00 - 11:45 Healthy Back (SGT) Fitness Floor Chloé Meunier	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	12:15 - 13:15 TAF Group Classes Studio David Basdas	10:30 - 11:30 Boxing Group Classes Studio Gerald Vata	10:30 - 11:30 Pilates Group Classes Studio Anne-Michele Franken
12:00 - 13:00 Start To Workout (SGT) Chloé Meunier	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	12:15 - 13:15 Les Mills Bodyattack™ Group Classes Studio Thierry Amirat	10:30 - 11:30 Yoga Body & Mind Cube Sandra Zidda	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Jims Evere	11:00 - 11:45 Weight Loss (SGT) Fitness Floor Jims Evere	
18:00 - 19:00 TAF Group Classes Studio Thierry Amirat	11:00 - 12:00 Women's Strength Training (SGT) Fitness Floor Chloé Meunier	17:00 - 18:00 Start To Workout (SGT) Fitness Floor Chloé Meunier	18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Chloé Meunier	18:30 - 19:30 Yoga Group Classes Studio Maya Alvini		
18:30 - 19:15 Healthy Back (SGT) Fitness Floor Ylias Ben Amar	18:00 - 19:00 Crosstraining Functional Zone Ylias Ben Amar	18:00 - 19:00 Boxing Group Classes Studio Tshilobo Kitumba mukinay	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Deborah Noel			
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