

LUN., 21 OCT.	MAR., 22 OCT.	MER., 23 OCT.	JEU., 24 OCT.	VEN., 25 OCT.	SAM., 26 OCT.	DIM., 27 OCT.
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18:00 - 19:00  
**Women's Strength Training (SGT)**  
 Functional Zone | Jonathan Vermeulen

18:00 - 19:00  
**Start To Workout (SGT)**  
 Fitness Floor | Kaija Heirman

19:00 - 20:00  
**LES MILLS STRENGTH DEVELOPMENT (BE)**  
 Functional Zone | Quinten Gripe

10:00 - 10:30  
**HIIT**  
 Functional Zone | Quinten Gripe

19:00 - 20:00  
**HIIT Boxing**  
 Functional Zone | Quinten Gripe

10:30 - 11:00  
**Core**  
 Functional Zone | Quinten Gripe

20:00 - 20:30  
**HIIT**  
 Functional Zone | Quinten Gripe

11:00 - 12:00  
**HIIT Boxing**  
 Functional Zone | Quinten Gripe

20:30 - 21:00  
**Core**  
 Functional Zone | Quinten Gripe

LUN., 28 OCT.	MAR., 29 OCT.	MER., 30 OCT.	JEU., 31 OCT.	VEN., 01 NOV.	SAM., 02 NOV.	DIM., 03 NOV.
<p>18:00 - 19:00 <b>Start To Workout (SGT)</b>   Shauna Vandamme</p> <p>20:00 - 21:00 <b>Core</b> Fitness Floor   Shauna Vandamme</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Jonathan Vermeulen</p> <p>19:00 - 20:00 <b>Moving Moms (SGT)</b> Fitness Floor   Shauna Vandamme</p>	<p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Kaija Heirman</p> <p>19:00 - 20:00 <b>HIIT Boxing</b> Functional Zone   Quinten Gripe</p> <p>20:00 - 20:30 <b>HIIT</b> Functional Zone   Quinten Gripe</p> <p>20:30 - 21:00 <b>Core</b> Functional Zone   Quinten Gripe</p>	<p>19:00 - 20:00 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Functional Zone   Quinten Gripe</p>	<p>10:00 - 10:30 <b>HIIT</b> Functional Zone   Quinten Gripe</p> <p>10:30 - 11:00 <b>Core</b> Functional Zone   Quinten Gripe</p> <p>11:00 - 12:00 <b>HIIT Boxing</b> Functional Zone   Quinten Gripe</p>		