

| 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 Sculpt Group Classes Studio Emeni Bader</p> | <p>18:00 - 19:00 Crosstraining Functional Zone Jules De jonghe</p> | <p>18:00 - 19:00 Pilates Group Classes Studio Michelle Elsen</p> | <p>18:00 - 19:00 Start To Workout (SGT) Functional Zone Ruy Watteny</p> | | <p>10:00 - 11:00 BBB Group Classes Studio Daisy Dejonghe</p> | <p>09:45 - 10:45 Les Mills Bodypump™ Group Classes Studio An De Decker</p> |
| <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Niels Vermeiren</p> | <p>18:15 - 19:15 Zumba® Group Classes Studio Ilayda Yücel</p> | <p>18:00 - 19:00 Women's Strength Training (SGT) Functional Zone Ruy Watteny</p> | <p>18:00 - 19:00 Yoga Group Classes Studio Judith De Mulder</p> | | <p>11:00 - 12:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascal Rooms</p> | <p>11:00 - 11:30 HIIT Group Classes Studio Quinten Gripe</p> |
| <p>19:00 - 20:00 BBB Group Classes Studio Emeni Bader</p> | <p>19:00 - 20:00 Start To Workout (SGT) Functional Zone Ruy Watteny</p> | <p>19:00 - 20:00 Crosstraining Functional Zone Jules De jonghe</p> | <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Pascale Roorda</p> | | <p>12:00 - 13:00 Men's Strength Training (SGT) Functional Zone Niels Vermeiren</p> | <p>11:00 - 12:00 Women's Strength Training (SGT) Functional Zone Mike Hondeghem</p> |
| <p>19:00 - 20:00 Healthy Back (SGT) Functional Zone Ruy Watteny</p> | <p>19:15 - 20:15 Pilates Group Classes Studio Laura Parmentier</p> | <p>19:00 - 20:00 Yoga Group Classes Studio Judith De Mulder</p> | <p>19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio silina niils</p> | | | <p>11:30 - 12:00 Core Group Classes Studio Quinten Gripe</p> |
| <p>20:00 - 21:00 Les Mills Bodyattack™ Group Classes Studio Olivier Ockers</p> | <p>20:00 - 21:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Katleen De Temmerman</p> | | <p>19:00 - 20:00 Men's Strength Training (SGT) Functional Zone Mike Hondeghem</p> | | | |
| | | | <p>20:00 - 21:00 Crosstraining Functional Zone Mike Hondeghem</p> | | | |
| | | | <p>20:00 - 21:00 Les Mills Bodypump™ Group Classes Studio An De Decker</p> | | | |

| LUN., 25 NOV. | MAR., 26 NOV. | MER., 27 NOV. | JEU., 28 NOV. | VEN., 29 NOV. | SAM., 30 NOV. | DIM., 01 DÉC. |
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| <p>18:00 - 19:00 Sculpt Group Classes Studio Emeni Bader</p> <p>18:00 - 19:00 Start To Workout (SGT) Functional Zone Mike Hondegheem</p> <p>19:00 - 20:00 BBB Group Classes Studio Emeni Bader</p> <p>19:00 - 20:00 Healthy Back (SGT) Functional Zone Ruy Watteny</p> <p>20:00 - 21:00 Les Mills Bodyattack™ Group Classes Studio Olivier Ockers</p> | <p>18:00 - 19:00 Crosstraining Functional Zone Jules De jonghe</p> <p>18:15 - 19:15 Zumba® Group Classes Studio Ilayda Yücel</p> <p>19:00 - 20:00 Start To Workout (SGT) Functional Zone Niels Vermeiren</p> <p>19:15 - 20:15 Pilates Group Classes Studio Laura Parmentier</p> <p>20:00 - 21:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Katleen De Temmerman</p> | <p>07:30 - 08:30 INDOOR CYCLING CUBE (BE)</p> <p>18:00 - 19:00 Pilates Group Classes Studio Michelle Elsen</p> <p>18:00 - 19:00 Women's Strength Training (SGT) Functional Zone Ruy Watteny</p> <p>19:00 - 20:00 Crosstraining Functional Zone Jules De jonghe</p> <p>19:00 - 20:00 Yoga Group Classes Studio Judith De Mulder</p> | <p>18:00 - 19:00 Start To Workout (SGT) Functional Zone Ruy Watteny</p> <p>18:00 - 19:00 Yoga Group Classes Studio Laura Parmentier</p> <p>19:00 - 20:00 DJ RIDE & VIBE EVENT (BE) Cycling Cube Pascal Rooms</p> <p>19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio silina niils</p> <p>19:00 - 20:00 Men's Strength Training (SGT) Functional Zone Ruy Watteny</p> <p>20:00 - 21:00 Crosstraining Functional Zone Mike Hondegheem</p> <p>20:00 - 21:00 DJ RIDE & VIBE EVENT (BE) Cycling Cube Daisy Dejonghe</p> <p>20:00 - 21:00 Les Mills Bodypump™ Group Classes Studio Katleen De Temmerman</p> | <p>19:00 - 20:00 Crosstraining Functional Zone Mike Hondegheem</p> <p>12:00 - 13:00 Men's Strength Training (SGT) Fitness Floor Niels Vermeiren</p> | <p>10:00 - 11:00 DJ RIDE & VIBE EVENT (BE) Cycling Cube Pascal Rooms</p> <p>11:00 - 12:00 DJ RIDE & VIBE EVENT (BE) Cycling Cube Daisy Dejonghe</p> <p>12:00 - 13:00 Men's Strength Training (SGT) Fitness Floor Niels Vermeiren</p> | <p>09:45 - 10:45 Les Mills Bodypump™ Group Classes Studio An De Decker</p> <p>11:00 - 12:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube An De Decker</p> <p>11:00 - 11:30 HIIT Group Classes Studio Quinten Gripe</p> <p>11:00 - 12:00 Women's Strength Training (SGT) Functional Zone Ruy Watteny</p> <p>11:30 - 12:00 Core Group Classes Studio Quinten Gripe</p> <p>12:00 - 13:00 Calisthenics Functional Zone Niels Vermeiren</p> |