

| LUN., 18 NOV. | MAR., 19 NOV. | MER., 20 NOV. | JEU., 21 NOV. | VEN., 22 NOV. | SAM., 23 NOV. | DIM., 24 NOV. |
|---|---|---|---|---|---|---|
| <p>18:00 - 18:45 Healthy Back (SGT) Fitness Floor Rembert Van den haute</p> | <p>18:30 - 19:30 Moving Moms (SGT) Fitness Floor Merlijn Vanden Bogaerde</p> | <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Mohamed Tijani</p> | <p>18:00 - 19:00 Core Group Classes Studio Laely Nys</p> | <p>18:00 - 19:00 Kickboxing Boxing Cube Yorick Vermeulen</p> | <p>10:00 - 11:00 HIIT Group Classes Studio Yorick Vermeulen</p> | <p>10:00 - 11:00 Kickboxing Boxing Cube Yorick Vermeulen</p> |
| <p>18:30 - 19:30 Start To Workout (SGT) Fitness Floor Lorenzo Van de Weghe</p> | <p>19:00 - 20:00 BBB Group Classes Studio Eva Simons</p> | <p>19:00 - 20:00 Total Body Conditioning Group Classes Studio Femke Dierickx</p> | <p>18:30 - 19:30 Moving Moms (SGT) Fitness Floor Stephanie Schamp</p> | | <p>10:00 - 11:00 Yoga Body & Mind Cube Lisa Tijtgat</p> | <p>11:00 - 12:00 COACH BY COLOR® Cycling Cube (BE) Group Classes Studio Mohamed Tijani</p> |
| <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Mohamed Tijani</p> | <p>19:00 - 20:00 CIRCL Mobility™ Body & Mind Cube Laely Nys</p> | <p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Rembert Van den haute</p> | <p>19:00 - 20:00 Fusion Pilates Body & Mind Cube Laely Nys</p> | | <p>11:00 - 12:00 Les Mills Bodypump™ Group Classes Studio Nicolas Van puyvelde</p> | <p>11:00 - 12:00 Total Body Conditioning Group Classes Studio Yorick Vermeulen</p> |
| <p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Merlijn Vanden Bogaerde</p> | <p>19:30 - 20:15 Weight Loss (SGT) Fitness Floor Rembert Van den haute</p> | <p>20:00 - 21:00 BBB Group Classes Studio Femke Dierickx</p> | <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Eva Simons</p> | <p>20:00 - 21:00 Boxing Boxing Cube Yorick Vermeulen</p> | | |
| <p>20:00 - 21:00 Crosstraining Group Classes Studio Mohamed Tijani</p> | <p>20:00 - 21:00 Boxing Boxing Cube Yorick Vermeulen</p> | <p>20:00 - 21:00 Kickboxing Boxing Cube Frederick Derijcke</p> | <p>20:00 - 21:00 Les Mills Dance Group Classes Studio Laely Nys</p> | | | |
| <p>20:00 - 21:00 Self Defense Boxing Cube Frederick Derijcke</p> | <p>20:00 - 21:00 Les Mills Dance Group Classes Studio Laely Nys</p> | <p>20:00 - 21:00 Pilates Cube Body & Mind Cube Lisa Tijtgat</p> | | | | |
| | <p>20:00 - 21:00 Yin Yoga Body & Mind Cube Nathalie Van der beken</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 - 18:45 Healthy Back (SGT) Fitness Floor Rembert Van den haute</p> | <p>18:30 - 19:30 Moving Moms (SGT) Fitness Floor Merlijn Vanden Bogaerde</p> | <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Mohamed Tijani</p> | <p>18:00 - 19:00 Core Group Classes Studio Laely Nys</p> | <p>18:00 - 19:00 Kickboxing Boxing Cube Conan Saelens</p> | <p>10:00 - 11:00 HIIT Group Classes Studio Yorick Vermeulen</p> | <p>10:00 - 11:00 Kickboxing Boxing Cube Conan Saelens</p> |
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| <p>20:00 - 21:00 Self Defense Boxing Cube Frederick Derijcke</p> | <p>20:00 - 21:00 Yin Yoga Body & Mind Cube Nathalie Van der beken</p> | <p>20:00 - 21:00 Kickboxing Boxing Cube Frederick Derijcke</p> | <p>20:00 - 21:00 Pilates Cube Body & Mind Cube Lisa Tijtgat</p> | | | |