

LUN., 18 NOV.	MAR., 19 NOV.	MER., 20 NOV.	JEU., 21 NOV.	VEN., 22 NOV.	SAM., 23 NOV.	DIM., 24 NOV.
<p>18:30 - 19:30 <b>PARTYROBICS® BODY SHAPE (BE)</b> Group Classes Studio   Lucie Coppens</p>	<p>12:00 - 12:45 <b>Conditionnement (SGT)</b> Functional Zone   Sebastien Renier</p>	<p>18:30 - 19:30 <b>COACH BY COLOR® Cycling</b> Group Classes Studio   Sebastien Renier</p>	<p>17:30 - 18:30 <b>Core</b> Functional Zone   Sebastien Renier</p>	<p>12:00 - 12:45 <b>Sport Specific (SGT)</b> Functional Zone   Timothee DufRASne</p>	<p>10:00 - 11:00 <b>Start To Workout (SGT)</b> Functional Zone   Sebastien Renier</p>	
<p>18:30 - 19:30 <b>Women's Strength Training (SGT)</b> Functional Zone   Timothee DufRASne</p>	<p>17:30 - 18:15 <b>Weight Loss (SGT)</b> Functional Zone   Timothee DufRASne</p>	<p>19:30 - 20:30 <b>Kick</b> Group Classes Studio   Sebastien Renier</p>	<p>18:30 - 19:30 <b>Mobility (SGT)</b> Group Classes Studio   Nicolas Havet</p>		<p>11:00 - 12:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Sebastien Renier</p>	
<p>19:30 - 20:30 <b>PARTYROBICS® CARDIO DANCE (BE)</b> Group Classes Studio   Lucie Coppens</p>	<p>19:30 - 20:30 <b>Yoga</b> Group Classes Studio   Sarah Hemelaers</p>		<p>19:30 - 20:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Nicolas Havet</p>			<p>11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Melanie Teise</p>
<p>19:30 - 20:30 <b>Start To Workout (SGT)</b> Functional Zone   Timothee DufRASne</p>						

LUN., 25 NOV.	MAR., 26 NOV.	MER., 27 NOV.	JEU., 28 NOV.	VEN., 29 NOV.	SAM., 30 NOV.	DIM., 01 DÉC.
<p>18:30 - 19:30 <b>PARTYROBICS® BODY SHAPE (BE)</b> Group Classes Studio   Lucie Coppens</p>	<p>12:00 - 12:45 <b>Conditionnement (SGT)</b> Functional Zone   Sebastien Renier</p>	<p>18:30 - 19:30 <b>COACH BY COLOR® Cycling</b> Group Classes Studio   Sebastien Renier</p>	<p>17:30 - 18:30 <b>Core</b> Functional Zone   Sebastien Renier</p>	<p>12:00 - 12:45 <b>Sport Specific (SGT)</b> Functional Zone   Timothee Dufrasne</p>	<p>10:00 - 11:00 <b>Start To Workout (SGT)</b> Functional Zone   Sebastien Renier</p>	
<p>18:30 - 19:30 <b>Women's Strength Training (SGT)</b> Functional Zone   Timothee Dufrasne</p>	<p>17:30 - 18:15 <b>Weight Loss (SGT)</b> Functional Zone   Timothee Dufrasne</p>	<p>19:30 - 20:30 <b>Kick</b> Group Classes Studio   Sebastien Renier</p>	<p>18:30 - 19:30 <b>Mobility (SGT)</b> Group Classes Studio   Nicolas Havet</p>		<p>11:00 - 12:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Sebastien Renier</p>	
<p>19:30 - 20:30 <b>PARTYROBICS® CARDIO DANCE (BE)</b> Group Classes Studio   Lucie Coppens</p>	<p>18:30 - 19:30 <b>Zumba®</b> Functional Zone   Valérie Pecourt</p>		<p>19:30 - 20:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Nicolas Havet</p>			<p>11:00 - 12:00 <b>Zumba®</b> Group Classes Studio   Melanie Teise</p>
<p>19:30 - 20:30 <b>Start To Workout (SGT)</b> Functional Zone   Timothee Dufrasne</p>	<p>19:30 - 20:30 <b>Yoga</b> Group Classes Studio   Sarah Hemelaers</p>					