

LUN., 18 NOV.	MAR., 19 NOV.	MER., 20 NOV.	JEU., 21 NOV.	VEN., 22 NOV.	SAM., 23 NOV.	DIM., 24 NOV.
<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor David Pogosian</p> <p>18:00 - 19:00 Crosstraining Functional Zone Prisca Sacco</p> <p>18:00 - 19:00 Zumba® Group Classes Studio Sabrye Unda</p> <p>19:00 - 20:00 Moving Moms (SGT) Fitness Floor Prisca Sacco</p> <p>19:00 - 20:00 TAF Group Classes Studio Christina Pisa</p> <p>19:00 - 20:00 Women's Strength Training (SGT) Functional Zone Remy Katzenberg</p> <p>20:00 - 21:00 Yoga Group Classes Studio Christina Pisa</p>	<p>17:00 - 18:00 Squat Bench Deadlift (SGT) Fitness Floor David Pogosian, Remy Katzenberg</p> <p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Christina Pisa</p> <p>18:00 - 19:00 Strongman Functional Zone Remy Katzenberg</p> <p>19:00 - 20:00 HIIT Group Classes Studio Charlene Goffoy</p> <p>20:00 - 21:00 Mobility (SGT) Functional Zone Remy Katzenberg</p>	<p>18:00 - 19:00 LES MILLS STRENGTH DEVELOPMENT (BE) Group Classes Studio Amelie Piras, Arnaud Vincent</p> <p>18:00 - 19:00 Moving Moms (SGT) Fitness Floor David Pogosian</p> <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Remy Katzenberg</p> <p>19:00 - 19:45 Conditionnement (SGT) Functional Zone Remy Katzenberg</p> <p>19:00 - 20:00 Sculpt Group Classes Studio Charlene Goffoy</p> <p>20:00 - 21:00 Core Group Classes Studio Amelie Piras</p> <p>20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Aurélie Lanssens</p>	<p>18:00 - 19:00 HIIT Functional Zone Charlene Goffoy</p> <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Laura Wahlin</p> <p>20:00 - 21:00 Yoga Group Classes Studio Laura Wahlin</p>	<p>17:00 - 18:00 Sculpt Group Classes Studio Charlene Goffoy</p> <p>18:00 - 19:00 Crosstraining Functional Zone Amelie Piras</p> <p>19:00 - 20:00 LES MILLS STRENGTH DEVELOPMENT (BE) Group Classes Studio Amelie Piras, Arnaud Vincent</p>	<p>11:00 - 12:00 TAF Group Classes Studio Mike Menna</p>	<p>10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Amelie Piras</p> <p>11:00 - 12:00 Yoga Group Classes Studio Amelie Piras</p>

LUN., 25 NOV.	MAR., 26 NOV.	MER., 27 NOV.	JEU., 28 NOV.	VEN., 29 NOV.	SAM., 30 NOV.	DIM., 01 DÉC.
<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor David Pogosian</p> <p>18:00 - 19:00 Crosstraining Functional Zone Prisca Sacco</p> <p>18:00 - 19:00 Zumba® Group Classes Studio Sabrye Unda</p> <p>19:00 - 20:00 Moving Moms (SGT) Fitness Floor Prisca Sacco</p> <p>19:00 - 20:00 TAF Group Classes Studio Christina Pisa</p> <p>19:00 - 20:00 Women's Strength Training (SGT) Functional Zone Remy Katzenberg</p> <p>20:00 - 21:00 Yoga Group Classes Studio Christina Pisa</p>	<p>17:00 - 18:00 Squat Bench Deadlift (SGT) Fitness Floor David Pogosian, Remy Katzenberg</p> <p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Prisca Sacco</p> <p>18:00 - 19:00 Strongman Functional Zone Remy Katzenberg</p> <p>19:00 - 20:00 HIIT Group Classes Studio Charlene Goffoy</p> <p>20:00 - 21:00 Mobility (SGT) Functional Zone Remy Katzenberg</p>	<p>18:00 - 19:00 LES MILLS STRENGTH DEVELOPMENT (BE) Group Classes Studio Amelie Piras, Arnaud Vincent</p> <p>18:00 - 19:00 Moving Moms (SGT) Fitness Floor David Pogosian</p> <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Remy Katzenberg</p> <p>19:00 - 19:45 Conditionnement (SGT) Functional Zone Remy Katzenberg</p> <p>19:00 - 20:00 Sculpt Group Classes Studio Charlene Goffoy</p> <p>20:00 - 21:00 Core Group Classes Studio Amelie Piras</p> <p>20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Aurélie Lanssens</p>	<p>18:00 - 19:00 HIIT Functional Zone Charlene Goffoy</p> <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Laura Wahlin</p> <p>20:00 - 21:00 Yoga Group Classes Studio Laura Wahlin</p>	<p>17:00 - 18:00 Sculpt Group Classes Studio Charlene Goffoy</p> <p>18:00 - 19:00 Crosstraining Functional Zone Amelie Piras</p> <p>19:00 - 20:00 LES MILLS STRENGTH DEVELOPMENT (BE) Group Classes Studio Amelie Piras, Arnaud Vincent</p>	<p>11:00 - 12:00 TAF Group Classes Studio Mike Menna</p>	<p>10:00 - 11:00 Les Mills Bodypump™ Group Classes Studio Amelie Piras</p> <p>11:00 - 12:00 Yoga Group Classes Studio Amelie Piras</p>