

LUN., 18 NOV.	MAR., 19 NOV.	MER., 20 NOV.	JEU., 21 NOV.	VEN., 22 NOV.	SAM., 23 NOV.	DIM., 24 NOV.
<p>10:00 - 11:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Céline Vanwelden</p> <p>11:00 - 12:00 CIRCL MOBILITY™ (BE) Group Classes Studio Céline Vanwelden</p> <p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Ludovic Babylas</p> <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Valentina Bejtullahu</p> <p>19:00 - 20:00 Boxing Group Classes Studio Jims Namur</p> <p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Ludovic Babylas</p> <p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Antonin Minette</p>	<p>10:00 - 11:00 TAF Group Classes Studio Jims Namur</p> <p>11:00 - 12:00 Pilates Group Classes Studio Jims Namur</p> <p>18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Fabrice Baras</p> <p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Emilie Stefens</p> <p>18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Antonin Minette</p> <p>19:00 - 20:00 Crosstraining Functional Zone Gabrielle Prax</p> <p>19:00 - 20:00 MEGADANZ® BE Group Classes Studio Florine Bruch</p> <p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Valentina Bejtullahu</p>	<p>17:00 - 18:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Gabrielle Prax</p> <p>18:00 - 19:00 Boxing Group Classes Studio Jims Namur</p> <p>18:00 - 18:45 Squat Bench Deadlift (SGT) Dorian Bauwin</p> <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Jims Namur</p>	<p>11:00 - 12:00 TAF Group Classes Studio Jims Namur</p> <p>12:30 - 13:30 Mobility (SGT) Group Classes Studio Gabrielle Prax</p> <p>18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Ludovic Babylas</p> <p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Jims Namur</p> <p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Dorian Bauwin</p> <p>19:00 - 20:00 Mobility (SGT) Fitness Floor Paul alex Kwame doudu</p> <p>19:00 - 20:00 Suspension Training Functional Zone Ludovic Babylas</p>	<p>18:00 - 19:00 Zumba® Group Classes Studio Melanie Teise</p>	<p>10:00 - 11:00 TAF Group Classes Studio Jims Namur</p> <p>11:00 - 12:00 KIMAX® Group Classes Studio Laurent Van De Velde</p> <p>12:00 - 13:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Fabrice Baras</p>	<p>10:00 - 11:00 HIIT Group Classes Studio Jims Namur</p> <p>11:00 - 12:00 Total Body Conditioning Group Classes Studio Jims Namur</p>

LUN., 25 NOV.	MAR., 26 NOV.	MER., 27 NOV.	JEU., 28 NOV.	VEN., 29 NOV.	SAM., 30 NOV.	DIM., 01 DÉC.
<p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Ludovic Babylas</p>	<p>10:00 - 11:00 TAF Group Classes Studio Jims Namur</p>	<p>18:00 - 19:00 Boxing Group Classes Studio Jims Namur</p>	<p>11:00 - 12:00 TAF Group Classes Studio Céline Vanwelden</p>	<p>18:00 - 19:00 Zumba® Group Classes Studio Melanie Teise</p>	<p>10:00 - 11:00 TAF Group Classes Studio Jims Namur</p>	<p>10:00 - 11:00 HIIT Group Classes Studio Jims Namur</p>
<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Valentina Bejtullahu</p>	<p>11:00 - 12:00 Pilates Group Classes Studio Jims Namur</p>	<p>18:00 - 18:45 Squat Bench Deadlift (SGT) Dorian Bauwin</p>	<p>12:30 - 13:30 Mobility (SGT) Group Classes Studio Gabrielle Prax</p>		<p>11:00 - 12:00 KIMAX® Group Classes Studio Laurent Van De Velde</p>	<p>11:00 - 12:00 Total Body Conditioning Group Classes Studio Jims Namur</p>
<p>19:00 - 20:00 Boxing Group Classes Studio Jims Namur</p>	<p>18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Fabrice Baras</p>	<p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Jims Namur</p>	<p>18:00 - 19:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Ludovic Babylas</p>		<p>12:00 - 13:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Fabrice Baras</p>	
<p>19:00 - 20:00 COACH BY COLOR® Cycling Cube (BE) Cycling Cube Ludovic Babylas</p>	<p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Emilie Stefens</p>		<p>18:00 - 19:00 Les Mills Bodyattack™ Group Classes Studio Jims Namur</p>			
<p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Antonin Minette</p>	<p>18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Antonin Minette</p>		<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Dorian Bauwin</p>			
	<p>19:00 - 20:00 Crosstraining Functional Zone Gabrielle Prax</p>		<p>19:00 - 20:00 Mobility (SGT) Fitness Floor Paul alex Kwame doudu</p>			
	<p>19:00 - 20:00 MEGADANZ® BE Group Classes Studio Florine Bruch</p>		<p>19:00 - 20:00 Suspension Training Functional Zone Ludovic Babylas</p>			
	<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Valentina Bejtullahu</p>					