

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 <b>Moving Moms (SGT)</b> Fitness Floor   Britt Rens</p>	<p>18:30 - 19:30 <b>XCORE®</b> Group Classes Studio   Jennifer Cassiman</p>	<p>10:00 - 11:00 <b>Yoga</b> Group Classes Studio   Nadejda Poleshyk</p>	<p>18:30 - 19:30 <b>BRN®</b> Group Classes Studio   Evi De herdt</p>	<p>16:00 - 17:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>10:00 - 11:00 <b>BRN®</b> Group Classes Studio   Jennifer Cassiman</p>	<p>09:15 - 10:00 <b>Boxing</b> Boxing Cube   Jennifer Cassiman</p>
<p>18:30 - 19:30 <b>Kickboxing</b> Boxing Cube   Siham Yachou</p>	<p>19:30 - 20:30 <b>Boxing</b> Boxing Cube   Isy De Quint</p>	<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Pia Duwaerts</p>	<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>18:30 - 19:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Jennifer Cassiman</p>	<p>11:30 - 12:30 <b>Yoga</b> Group Classes Studio   Nadejda Poleshyk</p>	<p>10:00 - 11:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jennifer Cassiman</p>
<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Pia Duwaerts</p>	<p>19:30 - 20:30 <b>Start To Workout (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>18:00 - 18:45 <b>Weight Loss (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>19:30 - 20:30 <b>Boxing</b> Boxing Cube   Isy De Quint</p>	<p>19:30 - 20:30 <b>Les Mills Core™</b> Group Classes Studio   Jennifer Cassiman</p>	<p>11:15 - 12:15 <b>XCORE®</b> Group Classes Studio   Jennifer Cassiman</p>	
<p>19:00 - 20:00 <b>Sculpt</b> Group Classes Studio   Naomi Schollaert</p>	<p>19:30 - 20:30 <b>Zumba®</b> Group Classes Studio   Naomi Schollaert</p>	<p>18:30 - 19:30 <b>Kickboxing</b> Boxing Cube   Siham Yachou</p>	<p>19:30 - 20:30 <b>Pilates</b> Group Classes Studio   Evi De herdt</p>	<p>19:30 - 20:30 <b>Les Mills Core™</b> Group Classes Studio   Jennifer Cassiman</p>		
<p>20:00 - 21:00 <b>HIIT Boxing</b> Boxing Cube   Pia Duwaerts</p>	<p>20:30 - 21:30 <b>HIIT Boxing</b> Boxing Cube   Isy De Quint</p>	<p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jennifer Cassiman</p>				
<p>20:00 - 21:00 <b>Pilates</b> Group Classes Studio   Naomi Schollaert</p>		<p>19:00 - 20:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Jims Wilrijk</p>				
		<p>20:15 - 21:00 <b>Les Mills Core™</b> Group Classes Studio   Jennifer Cassiman</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 <b>Moving Moms (SGT)</b> Fitness Floor   Britt Rens</p>	<p>18:30 - 19:30 <b>XCORE®</b> Group Classes Studio   Jennifer Cassiman</p>	<p>10:00 - 11:00 <b>Yoga</b> Group Classes Studio   Nadejda Poleshyk</p>	<p>18:30 - 19:30 <b>BRN®</b> Group Classes Studio   Evi De herdt</p>	<p>16:00 - 17:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>10:00 - 11:00 <b>BRN®</b> Group Classes Studio   Jennifer Cassiman</p>	
<p>18:30 - 19:30 <b>Kickboxing</b> Boxing Cube   Siham Yachou</p>	<p>19:30 - 20:30 <b>Boxing</b> Boxing Cube   Isy De Quint</p>	<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Pia Duwaerts</p>	<p>19:00 - 20:00 <b>Start To Workout (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>18:30 - 19:30 <b>Les Mills Bodypump™</b> Group Classes Studio   Jennifer Cassiman</p>	<p>11:30 - 12:30 <b>Yoga</b> Group Classes Studio   Nadejda Poleshyk</p>	
<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Pia Duwaerts</p>	<p>19:30 - 20:30 <b>Start To Workout (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>18:00 - 18:45 <b>Weight Loss (SGT)</b> Fitness Floor   Jims Wilrijk</p>	<p>19:30 - 20:30 <b>Boxing</b> Boxing Cube   Isy De Quint</p>	<p>19:30 - 20:30 <b>Core</b> Fitness Floor   Daniel Jorge Pires</p>		
<p>19:00 - 20:00 <b>Sculpt</b> Group Classes Studio   Naomi Schollaert</p>	<p>19:30 - 20:30 <b>Zumba®</b> Group Classes Studio   Naomi Schollaert</p>	<p>18:30 - 19:30 <b>Kickboxing</b> Boxing Cube   Siham Yachou</p>	<p>19:30 - 20:30 <b>Pilates</b> Group Classes Studio   Evi De herdt</p>	<p>19:30 - 20:30 <b>Les Mills Core™</b> Group Classes Studio   Jennifer Cassiman</p>		
<p>20:00 - 21:00 <b>HIIT Boxing</b> Boxing Cube   Pia Duwaerts</p>	<p>20:30 - 21:30 <b>HIIT Boxing</b> Boxing Cube   Isy De Quint</p>	<p>19:00 - 20:00 <b>Les Mills Bodypump™</b> Group Classes Studio   Jennifer Cassiman</p>				
<p>20:00 - 21:00 <b>Pilates</b> Group Classes Studio   Naomi Schollaert</p>		<p>19:00 - 20:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Jims Wilrijk</p>				
		<p>20:15 - 21:00 <b>Les Mills Core™</b> Group Classes Studio   Jennifer Cassiman</p>				