

LUN., 28 OCT.	MAR., 29 OCT.	MER., 30 OCT.	JEU., 31 OCT.	VEN., 01 NOV.	SAM., 02 NOV.	DIM., 03 NOV.
<p>17:00 - 17:45 Healthy Back (SGT) Fitness Floor Ferre Goossen</p>	<p>14:00 - 15:00 Women's Strength Training (SGT) Fitness Floor Ian Van de veire</p>	<p>09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel</p>	<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de veire</p>	<p>10:00 - 10:30 Core Functional Zone Matthias Criel</p>		
<p>18:00 - 18:45 Conditionnement (SGT) Fitness Floor Ian Van de veire</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>	<p>10:00 - 10:30 Core Functional Zone Merel Van Damme</p>	<p>18:45 - 19:15 Total Body Conditioning Functional Zone Matthias Criel</p>	<p>10:30 - 11:00 Fitball Functional Zone Matthias Criel</p>		
<p>18:45 - 19:15 Core Functional Zone Matthias Criel</p>	<p>18:45 - 19:15 Fitball Functional Zone Matthias Criel</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Matthias Criel</p>	<p>19:15 - 20:15 Strongman Functional Zone Matthias Criel</p>	<p>11:00 - 11:30 Total Body Conditioning Functional Zone Matthias Criel</p>		
<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>	<p>19:00 - 19:45 Conditionnement (SGT) Fitness Floor Cindy Roels</p>	<p>14:00 - 14:45 Conditionnement (SGT) Fitness Floor Cindy Roels</p>	<p>20:15 - 21:15 Pilates Functional Zone Matthias Criel</p>			
<p>19:15 - 20:15 BBB Functional Zone Matthias Criel</p>	<p>19:15 - 20:15 Pilates Functional Zone Matthias Criel</p>	<p>18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen</p>				
<p>20:00 - 20:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen</p>	<p>20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen</p>	<p>18:45 - 19:15 Core Functional Zone Matthias Criel</p>				
	<p>20:15 - 21:15 BBB Matthias Criel</p>	<p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen</p>				
		<p>19:15 - 20:15 XCORE® Functional Zone Liese Daelman</p>				
		<p>20:00 - 21:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>				
		<p>20:15 - 21:15 Power Functional Zone Liese Daelman</p>				

LUN., 04 NOV.	MAR., 05 NOV.	MER., 06 NOV.	JEU., 07 NOV.	VEN., 08 NOV.	SAM., 09 NOV.	DIM., 10 NOV.
10:00 - 10:30 Core Functional Zone Matthias Criel	14:00 - 15:00 Women's Strength Training (SGT) Fitness Floor Ian Van de veire	09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel	17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de veire	10:00 - 10:30 Core Functional Zone Matthias Criel		
10:30 - 11:30 BBB Matthias Criel	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Merel Van Damme	10:00 - 10:30 Core Functional Zone Merel Van Damme	18:45 - 19:15 Total Body Conditioning Functional Zone Matthias Criel	10:30 - 11:00 Fitball Functional Zone Matthias Criel		
13:00 - 14:00 Start To Workout (SGT) Fitness Floor Ian Van de veire	18:45 - 19:15 Fitball Functional Zone Matthias Criel	10:30 - 11:30 Crosstraining Functional Zone Matthias Criel	19:15 - 20:15 Strongman Functional Zone Matthias Criel	11:00 - 11:30 Total Body Conditioning Functional Zone Matthias Criel		
17:00 - 17:45 Healthy Back (SGT) Fitness Floor Ferre Goossen	19:00 - 19:45 Conditionnement (SGT) Fitness Floor Cindy Roels	14:00 - 14:45 Conditionnement (SGT) Fitness Floor Cindy Roels	20:15 - 21:15 Pilates Functional Zone Matthias Criel			
18:00 - 18:45 Conditionnement (SGT) Fitness Floor Ian Van de veire	19:15 - 20:15 Pilates Functional Zone Matthias Criel	18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen				
18:45 - 19:15 Core Functional Zone Matthias Criel	20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen	18:45 - 19:15 Core Functional Zone Matthias Criel				
19:00 - 20:00 Start To Workout (SGT) Fitness Floor Merel Van Damme	20:15 - 21:15 BBB Matthias Criel	19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen				
19:15 - 20:15 BBB Functional Zone Matthias Criel		19:15 - 20:15 XCORE® Functional Zone Liese Daelman				
20:00 - 20:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen		20:00 - 21:00 Start To Workout (SGT) Fitness Floor Merel Van Damme				
20:15 - 21:15 Crosstraining Functional Zone Matthias Criel		20:15 - 21:15 Power Functional Zone Liese Daelman				