

MA, 21 OKT	DI, 22 OKT	WO, 23 OKT	DO, 24 OKT	VR, 25 OKT	ZA, 26 OKT	ZO, 27 OKT
	<p>18:00 - 19:00 <b>Boxing</b> Boxing Cube   Hafed Houli</p>	<p>09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel</p>	<p>09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel</p>	<p>09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel</p>	<p>11:00 - 12:00 <b>Les Mills Bodypump</b>™ Group Classes Studio   Laurence Verbeelen</p>	<p>11:00 - 12:00 <b>Boxing</b> Boxing Cube   Kiki François</p>
	<p>18:00 - 19:00 <b>TAF</b> Group Classes Studio   Said Bah</p>	<p>13:00 - 14:00 <b>Start To Workout (SGT)</b> Functional Zone   Olivier Brel</p>	<p>17:00 - 18:00 <b>Women Boxing</b> Boxing Cube   Hafed Houli</p>	<p>18:00 - 19:00 <b>BRN</b>® Group Classes Studio   Laurence Verbeelen</p>	<p>12:00 - 13:00 <b>Les Mills Bodyattack</b>™ Group Classes Studio   Laurence Verbeelen</p>	<p>11:00 - 12:00 <b>UBOUND</b>® Group Classes Studio   Bjorn Lemmens</p>
	<p>19:00 - 20:00 <b>Boxing</b> Boxing Cube   Hafed Houli</p>	<p>18:00 - 19:00 <b>Flow</b>   Kaoutar Bernoussi</p>	<p>18:00 - 19:00 <b>Boxing</b> Boxing Cube   Hafed Houli</p>	<p>18:00 - 19:00 <b>Kickboxing</b> Boxing Cube</p>		<p>12:00 - 13:00 <b>Crosstraining</b> Functional Zone   Laurence Verbeelen</p>
	<p>19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Laurence Verbeelen</p>	<p>18:00 - 19:00 <b>Kickboxing</b> Boxing Cube</p>	<p>18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Said Bah</p>	<p>19:00 - 20:00 <b>HIIT Boxing</b> Boxing Cube   Thomas ASVESTARIS</p>		
	<p>19:00 - 20:00 <b>Mobility (SGT)</b> Group Classes Studio   Jonathan Martin</p>	<p>18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Said Bah</p>	<p>18:00 - 19:00 <b>Les Mills Bodystep</b>™ Group Classes Studio   Abdessamad Ghouti</p>	<p>19:00 - 20:00 <b>Yoga</b> Group Classes Studio   Kaoutar Bernoussi</p>		
	<p>20:00 - 21:00 <b>BRN</b>® Group Classes Studio   Laurence Verbeelen</p>	<p>19:00 - 20:00 <b>HIIT Boxing</b> Boxing Cube   Thomas ASVESTARIS</p>	<p>19:00 - 20:00 <b>Boxing</b> Boxing Cube   Hafed Houli</p>			
	<p>20:00 - 21:00 <b>Women Boxing</b> Boxing Cube   Hafed Houli</p>	<p>19:00 - 20:00 <b>UBOUND</b>® Group Classes Studio   Bjorn Lemmens</p>	<p>19:00 - 20:00 <b>Conditionnement (SGT)</b> Functional Zone   Philippe N'Dah</p>			
		<p>19:00 - 20:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Jonathan Martin</p>	<p>19:00 - 20:00 <b>Les Mills Bodypump</b>™ Group Classes Studio   Abdessamad Ghouti</p>			
		<p>20:00 - 21:00 <b>Pilates</b> Group Classes Studio</p>	<p>20:00 - 21:00 <b>Boxing</b> Boxing Cube   Hafed Houli</p>			

MA, 28 OKT	DI, 29 OKT	WO, 30 OKT	DO, 31 OKT	VR, 01 NOV	ZA, 02 NOV	ZO, 03 NOV
09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel	09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel	09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel	09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel	09:30 - 10:00 <b>Core</b> Functional Zone   Olivier Brel	11:00 - 12:00 <b>Les Mills Bodypump</b> ™ Group Classes Studio   Laurence Verbeelen	11:00 - 12:00 <b>Boxing</b> Boxing Cube   Kiki François
13:00 - 14:00 <b>Start To Workout (SGT)</b> Fitness Floor   Olivier Brel	17:00 - 18:00 <b>Boxing</b> Boxing Cube   Hafed Houli	13:00 - 14:00 <b>Start To Workout (SGT)</b> Functional Zone   Olivier Brel	17:00 - 18:00 <b>Women Boxing</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>BRN</b> ® Group Classes Studio   Laurence Verbeelen	12:00 - 13:00 <b>Les Mills Bodyattack</b> ™ Group Classes Studio   Laurence Verbeelen	11:00 - 12:00 <b>UBOUND</b> ® Group Classes Studio   Bjorn Lemmens
17:00 - 18:00 <b>Dance</b> Group Classes Studio   Kaoutar Bernoussi	18:00 - 19:00 <b>Boxing</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>Flow</b>   Kaoutar Bernoussi	18:00 - 19:00 <b>Boxing</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>Kickboxing</b> Boxing Cube		12:00 - 13:00 <b>Crosstraining</b> Functional Zone   Laurence Verbeelen
17:00 - 18:00 <b>Women Boxing</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>TAF</b> Group Classes Studio   Said Bah	18:00 - 19:00 <b>Kickboxing</b> Boxing Cube	18:00 - 19:00 <b>Crosstraining</b> Functional Zone   Said Bah	19:00 - 20:00 <b>HIIT Boxing</b> Boxing Cube   Thomas ASVESTARIS		
18:00 - 19:00 <b>Boxing</b> Boxing Cube   Hafed Houli	19:00 - 20:00 <b>Boxing</b> Boxing Cube   Hafed Houli	18:00 - 19:00 <b>Squat Bench Deadlift (SGT)</b> Fitness Floor   Said Bah	18:00 - 19:00 <b>Les Mills Bodystep</b> ™ Group Classes Studio   Abdessamad Ghouti	19:00 - 20:00 <b>Yoga</b> Group Classes Studio   Kaoutar Bernoussi		
18:00 - 19:00 <b>Les Mills Bodyattack</b> ™ Group Classes Studio   Laurence Verbeelen	19:00 - 20:00 <b>Crosstraining</b> Functional Zone   Laurence Verbeelen	19:00 - 20:00 <b>HIIT Boxing</b> Boxing Cube   Thomas ASVESTARIS	19:00 - 20:00 <b>Boxing</b> Boxing Cube   Hafed Houli			
18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Philippe N'Dah	19:00 - 20:30 <b>Women Boxing</b> Boxing Cube   Hafed Houli	19:00 - 20:00 <b>UBOUND</b> ® Group Classes Studio   Bjorn Lemmens	19:00 - 20:00 <b>Conditionnement (SGT)</b> Functional Zone   Philippe N'Dah	19:00 - 20:00 <b>Les Mills Bodypump</b> ™ Group Classes Studio   Abdessamad Ghouti		
19:00 - 20:00 <b>Boxing</b> Boxing Cube   Hafed Houli	20:00 - 21:00 <b>BRN</b> ® Group Classes Studio   Laurence Verbeelen	19:00 - 20:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Jonathan Martin	20:00 - 21:00 <b>Boxing</b> Boxing Cube   Hafed Houli			
19:00 - 20:00 <b>Les Mills Bodypump</b> ™ Group Classes Studio   Laurence Verbeelen	20:00 - 21:00 <b>Women Boxing</b> Boxing Cube   Hafed Houli	20:00 - 21:00 <b>Pilates</b> Group Classes Studio				
19:00 - 20:00 <b>Women's Strength Training (SGT)</b> Fitness Floor   Jonathan Martin						
20:00 - 21:00 <b>Boxing</b> Boxing Cube   Hafed Houli						
20:00 - 21:00 <b>Yoga</b> Group Classes Studio   Kenia Bento dos reis						