

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 TAF Group Classes Studio Benjamin Bresseleers</p> <p>19:00 - 20:00 Crosstraining Functional Zone Benjamin Bresseleers</p> <p>19:00 - 20:00 Zumba® Group Classes Studio Esmeralda Labye</p>	<p>10:00 - 10:30 Core Functional Zone Jims Louise</p> <p>18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Jims Louise</p> <p>18:00 - 19:00 Yoga Group Classes Studio Jims Louise</p> <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Nicole Van staen</p> <p>19:00 - 20:00 Start To Workout (SGT) Functional Zone Jims Louise</p> <p>19:20 - 20:20 Crosstraining Functional Zone Jims Louise</p>	<p>08:30 - 09:00 Core Functional Zone Jims Louise</p> <p>18:00 - 19:00 Sculpt Group Classes Studio Tshilobo Kitumba mukinay</p> <p>19:00 - 20:00 Boxing Group Classes Studio Tshilobo Kitumba mukinay</p>	<p>10:00 - 11:00 Core Functional Zone Jims Louise</p> <p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Marie-sophie Rousseau</p> <p>19:00 - 20:00 Jims Jump Group Classes Studio Marie-sophie Rousseau</p>	<p>10:00 - 11:00 TAF Group Classes Studio Nancy Henry</p> <p>11:00 - 12:00 Crosstraining Functional Zone Nancy Henry</p> <p>12:00 - 13:00 Les Mills Bodypump™ Group Classes Studio Nicole Van staen</p> <p>13:00 - 14:00 Yoga Group Classes Studio Jims Louise</p>	<p>10:00 - 11:00 Boxing Group Classes Studio Jims Louise</p> <p>11:00 - 12:00 HIIT Group Classes Studio Jims Louise</p>

MA, 28 OKT	DI, 29 OKT	WO, 30 OKT	DO, 31 OKT	VR, 01 NOV	ZA, 02 NOV	ZO, 03 NOV
<p>07:30 - 08:30 Yoga Group Classes Studio Jims Louise</p> <p>10:00 - 10:30 Core Functional Zone Jims Louise</p> <p>17:00 - 18:00 Start To Workout (SGT) Functional Zone Jims Louise</p> <p>18:00 - 19:00 Pilates Group Classes Studio Jims Louise</p> <p>18:00 - 18:45 Squat Bench Deadlift (SGT) Functional Zone Jims Louise</p> <p>19:00 - 20:00 Crosstraining Functional Zone Mohameth Diouf</p> <p>19:00 - 20:00 Les Mills Bodypump™ Yannick Gozo</p> <p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Jims Louise</p>	<p>08:30 - 09:00 Core Functional Zone Jims Louise</p> <p>17:00 - 18:00 Women's Strength Training (SGT) Fitness Floor Jims Louise</p> <p>18:00 - 19:00 Start To Workout (SGT) Functional Zone Jims Louise</p> <p>18:00 - 19:00 TAF Group Classes Studio Benjamin Bresseleers</p> <p>19:00 - 20:00 Crosstraining Functional Zone Benjamin Bresseleers</p> <p>19:00 - 19:45 Squat Bench Deadlift (SGT) Functional Zone Jims Louise</p> <p>19:00 - 20:00 Zumba® Group Classes Studio Esmeralda Labye</p>	<p>10:00 - 10:30 Core Functional Zone Jims Louise</p> <p>12:15 - 13:00 TAF Group Classes Studio Nancy Henry</p> <p>17:00 - 17:45 Squat Bench Deadlift (SGT) Functional Zone Jims Louise</p> <p>18:00 - 19:00 Women's Strength Training (SGT) Fitness Floor Jims Louise</p> <p>18:00 - 19:00 Yoga Group Classes Studio Jims Louise</p> <p>19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Nicole Van staen</p> <p>19:00 - 20:00 Start To Workout (SGT) Functional Zone Jims Louise</p> <p>19:20 - 20:20 Crosstraining Functional Zone Jims Louise</p>	<p>08:30 - 09:00 Core Functional Zone Jims Louise</p> <p>18:00 - 19:00 Sculpt Group Classes Studio Tshilobo Kitumba mukinay</p> <p>19:00 - 20:00 Boxing Group Classes Studio Tshilobo Kitumba mukinay</p>	<p>10:00 - 11:00 Core Functional Zone Jims Louise</p> <p>18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Marie-sophie Rousseau</p> <p>19:00 - 20:00 Jims Jump Group Classes Studio Marie-sophie Rousseau</p>	<p>10:00 - 11:00 TAF Group Classes Studio Nancy Henry</p> <p>11:00 - 12:00 Crosstraining Functional Zone Nancy Henry</p> <p>12:00 - 13:00 Les Mills Bodypump™ Group Classes Studio Nicole Van staen</p> <p>13:00 - 14:00 Yoga Group Classes Studio Jims Louise</p>	<p>10:00 - 11:00 Boxing Group Classes Studio Jims Louise</p> <p>11:00 - 12:00 HIIT Group Classes Studio Jims Louise</p>