

MA, 21 OKT	DI, 22 OKT	WO, 23 OKT	DO, 24 OKT	VR, 25 OKT	ZA, 26 OKT	ZO, 27 OKT
	<p>18:30 - 19:30 Indoor Cycling Cycling Studio Meriem El ouadghiri lafchouch</p> <p>18:30 - 19:30 Indoor Cycling Cycling Studio Meriem El ouadghiri lafchouch</p> <p>18:30 - 19:30 Women's Strength Training (SGT) Functional Zone Mimoun Harakat</p> <p>18:30 - 19:30 Zumba® Group Classes Studio Aurelie Tuli</p> <p>19:30 - 20:30 Crosstraining Functional Zone Anouar Kassas</p> <p>19:30 - 20:30 TAF Group Classes Studio Kadima Kabangu</p>	<p>12:30 - 13:15 HIIT Anouar Kassas</p> <p>18:30 - 19:30 Crosstraining Functional Zone Maureen Overbergh</p> <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Jims Meiser</p> <p>19:30 - 20:30 Crosstraining Functional Zone Maureen Overbergh</p> <p>19:30 - 20:30 Indoor Cycling Alix Pairoux</p> <p>19:30 - 20:30 Yoga Group Classes Studio Maya Alvini</p>	<p>12:30 - 13:15 Mobility (SGT) Functional Zone</p> <p>17:00 - 18:00 Women's Strength Training (SGT) Fitness Floor Omer Ganza</p> <p>17:30 - 18:30 Sculpt</p> <p>18:30 - 19:30 Indoor Cycling Cycling Studio Joao Ferreira</p> <p>18:30 - 19:30 Moving Moms (SGT) Fitness Floor Omer Ganza</p> <p>18:30 - 19:30 Pilates Group Classes Studio Anne-Michele Franken</p> <p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Jims Meiser</p> <p>19:30 - 20:30 Crosstraining Functional Zone Anouar Kassas</p>	<p>12:00 - 13:00 Start To Workout (SGT) Functional Zone Marie Lennertz</p> <p>12:30 - 13:15 Pilates Group Classes Studio Nanou Cannone</p> <p>16:00 - 17:00 Squat Bench Deadlift (SGT) Fitness Floor Marie Lennertz</p> <p>17:45 - 18:30 Mobility (SGT) Group Classes Studio Laura Rodriguez</p> <p>18:30 - 19:30 TAF Group Classes Studio Laura Rodriguez</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Jessica Vanlaer</p> <p>10:30 - 11:30 Les Mills Bodypump™ Group Classes Studio Nicole Van staen</p> <p>11:30 - 12:30 Dance Group Classes Studio Nassira Assahraoui</p> <p>12:30 - 13:30 Yoga Group Classes Studio</p> <p>12:30 - 13:30 Yoga Group Classes Studio</p>	<p>11:00 - 12:00 TAF Group Classes Studio</p> <p>12:00 - 13:00 HIIT Functional Zone Anouar Kassas</p>

MA, 28 OKT	DI, 29 OKT	WO, 30 OKT	DO, 31 OKT	VR, 01 NOV	ZA, 02 NOV	ZO, 03 NOV
<p>12:00 - 13:00 Start To Workout (SGT) Functional Zone Marie Lennertz</p> <p>12:30 - 13:15 Core Functional Zone</p> <p>17:30 - 18:15 Les Mills Bodyattack™ Group Classes Studio</p> <p>18:00 - 19:00 Start To Workout (SGT) Mimoun Harakat</p> <p>18:30 - 19:30 Crosstraining Functional Zone Phili Lombala</p> <p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Deborah Noel</p> <p>19:00 - 20:00 Start To Workout (SGT) Kevin Saint-just</p> <p>19:30 - 20:30 HIIT Boxing Group Classes Studio</p> <p>19:30 - 20:30 Indoor Cycling Cycling Studio Phili Lombala</p>	<p>18:30 - 19:30 Indoor Cycling Cycling Studio Meriem El ouadghiri lafchouch</p> <p>18:30 - 19:30 Women's Strength Training (SGT) Functional Zone Mimoun Harakat</p> <p>18:30 - 19:30 Zumba® Group Classes Studio Aurelie Tuli</p> <p>19:30 - 20:30 Crosstraining Functional Zone Anouar Kassas</p> <p>19:30 - 20:30 TAF Group Classes Studio Kadima Kabangu</p>	<p>12:30 - 13:15 HIIT Anouar Kassas</p> <p>18:30 - 19:30 Crosstraining Functional Zone Maureen Overbergh</p> <p>18:30 - 19:30 Les Mills Bodyattack™ Group Classes Studio Jims Meiser</p> <p>19:30 - 20:30 Crosstraining Functional Zone Maureen Overbergh</p> <p>19:30 - 20:30 Indoor Cycling Alix Pairoux</p> <p>19:30 - 20:30 Yoga Group Classes Studio Maya Alvini</p>	<p>12:30 - 13:15 Mobility (SGT) Functional Zone</p> <p>17:00 - 18:00 Women's Strength Training (SGT) Fitness Floor Omer Ganza</p> <p>17:30 - 18:30 Sculpt</p> <p>18:30 - 19:30 Indoor Cycling Cycling Studio Joao Ferreira</p> <p>18:30 - 19:30 Moving Moms (SGT) Fitness Floor Omer Ganza</p> <p>18:30 - 19:30 Pilates Group Classes Studio Anne-Michele Franken</p> <p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Jims Meiser</p> <p>19:30 - 20:30 Crosstraining Functional Zone Anouar Kassas</p>	<p>12:30 - 13:15 Pilates Group Classes Studio Nanou Cannone</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Jessica Vanlaer</p> <p>10:30 - 11:30 Les Mills Bodypump™ Group Classes Studio Nicole Van staen</p> <p>11:30 - 12:30 Dance Group Classes Studio Nassira Assahraoui</p> <p>12:30 - 13:30 Yoga Group Classes Studio</p> <p>12:30 - 13:30 Yoga Group Classes Studio</p>	<p>11:00 - 12:00 TAF Group Classes Studio</p> <p>12:00 - 13:00 HIIT Functional Zone Anouar Kassas</p>