

MA, 28 OKT

DI, 29 OKT

WO, 30 OKT

DO, 31 OKT

VR, 01 NOV

ZA, 02 NOV

ZO, 03 NOV

19:00 - 20:00

Moving Moms (SGT)

Fitness Floor | Shauna Vandamme

18:00 - 19:00

Start To Workout (SGT)

Fitness Floor | Kaija Heirman

19:00 - 20:00

LES MILLS STRENGTH DEVELOPMENT (BE)

Functional Zone | Quinten Gripe

10:00 - 10:30

HIIT

Functional Zone | Quinten Gripe

19:00 - 20:00

HIIT Boxing

Functional Zone | Quinten Gripe

10:30 - 11:00

Core

Functional Zone | Quinten Gripe

20:00 - 20:30

HIIT

Functional Zone | Quinten Gripe

11:00 - 12:00

HIIT Boxing

Functional Zone | Quinten Gripe

20:30 - 21:00

Core

Functional Zone | Quinten Gripe

MA, 04 NOV	DI, 05 NOV	WO, 06 NOV	DO, 07 NOV	VR, 08 NOV	ZA, 09 NOV	ZO, 10 NOV
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<p>18:00 - 19:00 Start To Workout (SGT) Shauna Vandamme</p> <p>20:00 - 21:00 Core Fitness Floor Shauna Vandamme</p>	<p>18:00 - 19:00 Women's Strength Training (SGT) Functional Zone Jonathan Vermeulen</p> <p>19:00 - 20:00 Moving Moms (SGT) Fitness Floor Shauna Vandamme</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Kaija Heirman</p> <p>19:00 - 20:00 HIIT Boxing Functional Zone Quinten Gripe</p> <p>20:00 - 20:30 HIIT Functional Zone Quinten Gripe</p> <p>20:30 - 21:00 Core Functional Zone Quinten Gripe</p>	<p>19:00 - 20:00 LES MILLS STRENGTH DEVELOPMENT (BE) Functional Zone Quinten Gripe</p>		<p>10:00 - 10:30 HIIT Functional Zone Quinten Gripe</p> <p>10:30 - 11:00 Core Functional Zone Quinten Gripe</p> <p>11:00 - 12:00 HIIT Boxing Functional Zone Quinten Gripe</p>	
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