

MA, 18 NOV	DI, 19 NOV	WO, 20 NOV	DO, 21 NOV	VR, 22 NOV	ZA, 23 NOV	ZO, 24 NOV
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<p>18:00 - 19:00 <b>Start To Workout (SGT)</b>   Jonathan Vermeulen</p> <p>20:00 - 21:00 <b>Core</b> Fitness Floor   Jonathan Vermeulen</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Jonathan Vermeulen</p> <p>19:00 - 20:00 <b>Moving Moms (SGT)</b> Fitness Floor   Shauna Vandamme</p>	<p>12:30 - 13:15 <b>Total Body Conditioning</b> Fitness Floor   Shauna Vandamme</p> <p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Kaija Heirman</p> <p>19:00 - 20:00 <b>HIIT Boxing</b> Fitness Floor   Quinten Gripe</p> <p>20:00 - 20:30 <b>HIIT</b>   Quinten Gripe</p> <p>20:30 - 21:00 <b>Core</b> Fitness Floor   Quinten Gripe</p>	<p>19:30 - 20:30 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Functional Zone   Quinten Gripe</p>		<p>10:00 - 10:30 <b>HIIT</b>   Quinten Gripe</p> <p>10:30 - 11:00 <b>Core</b>   Quinten Gripe</p> <p>11:00 - 12:00 <b>HIIT Boxing</b> Fitness Floor   Quinten Gripe</p>	
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MA, 25 NOV	DI, 26 NOV	WO, 27 NOV	DO, 28 NOV	VR, 29 NOV	ZA, 30 NOV	ZO, 01 DEC
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<p>18:00 - 19:00 <b>Start To Workout (SGT)</b>   Jonathan Vermeulen</p> <p>20:00 - 21:00 <b>Core</b> Fitness Floor   Jonathan Vermeulen</p>	<p>18:00 - 19:00 <b>Women's Strength Training (SGT)</b> Functional Zone   Jonathan Vermeulen</p> <p>19:00 - 20:00 <b>Moving Moms (SGT)</b> Fitness Floor   Shauna Vandamme</p>	<p>12:30 - 13:15 <b>Total Body Conditioning</b> Fitness Floor   Shauna Vandamme</p> <p>18:00 - 19:00 <b>Start To Workout (SGT)</b> Fitness Floor   Kaija Heirman</p> <p>19:00 - 20:00 <b>HIIT Boxing</b> Fitness Floor   Quinten Gripe</p> <p>20:00 - 20:30 <b>HIIT</b>   Quinten Gripe</p> <p>20:30 - 21:00 <b>Core</b> Fitness Floor   Quinten Gripe</p>	<p>19:30 - 20:30 <b>LES MILLS STRENGTH DEVELOPMENT (BE)</b> Functional Zone   Quinten Gripe</p>		<p>10:00 - 10:30 <b>HIIT</b>   Quinten Gripe</p> <p>10:30 - 11:00 <b>Core</b>   Quinten Gripe</p> <p>11:00 - 12:00 <b>HIIT Boxing</b> Fitness Floor   Quinten Gripe</p>	
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