

| MA, 28 OKT   | DI, 29 OKT  | WO, 30 OKT   | DO, 31 OKT   | VR, 01 NOV | ZA, 02 NOV  | ZO, 03 NOV  |
|--|---|--|--|------------|---|---|
| <p>17:00 - 18:00<br/><b>Dance</b><br/>Group Classes Studio   Jims Jette</p>                              | <p>18:00 - 19:00<br/><b>Sculpt</b><br/>Group Classes Studio   Audrey Michiels</p>   | <p>09:30 - 10:30<br/><b>Sculpt</b><br/>  Benjamin Gesnot</p>   | <p>18:00 - 19:00<br/><b>Les Mills Core™</b><br/>  Thierry Amirat</p>                                     |            | <p>10:00 - 11:00<br/><b>Crosstraining</b><br/>Group Classes Studio   Kadima Kabangu</p>         | <p>11:00 - 12:00<br/><b>Les Mills Core™</b><br/>Group Classes Studio   Thierry Amirat</p> |
| <p>18:00 - 19:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Marie Martins</p>                 | <p>18:00 - 19:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Tom Kawende</p>  | <p>18:00 - 19:00<br/><b>Sculpt</b><br/>Group Classes Studio   Anne-Michele Franken</p>                   | <p>18:30 - 19:30<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Jims Jette</p> |            | <p>10:00 - 11:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Babak Godazandeh</p> | <p>12:00 - 13:00<br/><b>Kick</b><br/>Group Classes Studio   Rosa Chamochumbi</p>          |
| <p>18:00 - 19:00<br/><b>Zumba®</b><br/>Group Classes Studio   Jims Jette</p>                             | <p>18:30 - 19:30<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Vanda cristina Serralheiro custodio</p> | <p>18:00 - 19:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Marie Martins</p>                 | <p>19:00 - 20:00<br/><b>Les Mills Bodyattack™</b><br/>Group Classes Studio   Thierry Amirat</p>          |            | <p>11:00 - 12:00<br/><b>Les Mills Bodyattack™</b><br/>Group Classes Studio   Thierry Amirat</p> | <p>13:00 - 14:00<br/><b>Yoga</b><br/>Group Classes Studio   Praxe Moreno</p>              |
| <p>19:00 - 20:00<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Jims Jette</p> | <p>19:00 - 20:00<br/><b>Mobility (SGT)</b><br/>Group Classes Studio   Audrey Michiels</p>   | <p>19:00 - 20:00<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Jims Jette</p> |  |            | <p>12:00 - 13:00<br/><b>Zumba®</b><br/>Group Classes Studio   Jims Jette</p>                    |   |
| <p>19:00 - 20:00<br/><b>Crosstraining</b><br/>Fitness Floor   Kadima Kabangu</p>                         | <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Marie Martins</p>                                 | <p>19:00 - 20:00<br/><b>Crosstraining</b><br/>Fitness Floor   Kadima Kabangu</p>                         | <p>19:00 - 20:00<br/><b>Pilates</b><br/>Group Classes Studio   Anne-Michele Franken</p>                  |            | <p>13:00 - 14:00<br/><b>Pilates</b><br/>Group Classes Studio   Nanou Cannone</p>                |   |
| <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Tom Kawende</p>          |   | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Group Classes Studio   Kiki François</p>                          |  |            |   |   |
| <p>20:00 - 21:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Kadima Kabangu</p>            |   |  |  |            |   |   |

| MA, 04 NOV   | DI, 05 NOV  | WO, 06 NOV   | DO, 07 NOV   | VR, 08 NOV  | ZA, 09 NOV  | ZO, 10 NOV  |
|--|---|--|--|---|---|---|
| <p>09:30 - 10:30<br/><b>Pilates</b><br/>Group Classes Studio   Benjamin Gesnot</p>                       | <p>18:00 - 19:00<br/><b>Sculpt</b><br/>Group Classes Studio   Audrey Michiels</p>   | <p>09:30 - 10:30<br/><b>Sculpt</b><br/>  Benjamin Gesnot</p>                             | <p>18:00 - 19:00<br/><b>Les Mills Core™</b><br/>  Thierry Amirat</p>                                     | <p>09:30 - 10:30<br/><b>Pilates</b><br/>Group Classes Studio   Benjamin Gesnot</p>  | <p>10:00 - 11:00<br/><b>Crosstraining</b><br/>Group Classes Studio   Kadima Kabangu</p>         | <p>11:00 - 12:00<br/><b>Les Mills Core™</b><br/>Group Classes Studio   Thierry Amirat</p> |
| <p>17:00 - 18:00<br/><b>Dance</b><br/>Group Classes Studio   Jims Jette</p>                              | <p>18:00 - 19:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Tom Kawende</p>  | <p>13:00 - 14:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Jims Jette</p>    | <p>18:30 - 19:30<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Jims Jette</p> | <p>19:00 - 20:00<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Vanda cristina Serralheiro custodio</p> | <p>10:00 - 11:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Babak Godazandeh</p> | <p>12:00 - 13:00<br/><b>Kick</b><br/>Group Classes Studio   Rosa Chamochumbi</p>          |
| <p>18:00 - 19:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Marie Martins</p>                 | <p>18:30 - 19:30<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Vanda cristina Serralheiro custodio</p> | <p>18:00 - 19:00<br/><b>Sculpt</b><br/>Group Classes Studio   Anne-Michele Franken</p>   | <p>19:00 - 20:00<br/><b>Les Mills Bodyattack™</b><br/>Group Classes Studio   Thierry Amirat</p>          | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Group Classes Studio   Kiki François</p>   | <p>11:00 - 12:00<br/><b>Les Mills Bodyattack™</b><br/>Group Classes Studio   Thierry Amirat</p> | <p>13:00 - 14:00<br/><b>Yoga</b><br/>Group Classes Studio   Praxe Moreno</p>              |
| <p>18:00 - 19:00<br/><b>Zumba®</b><br/>Group Classes Studio   Jims Jette</p>                             | <p>19:00 - 20:00<br/><b>Mobility (SGT)</b><br/>Group Classes Studio   Audrey Michiels</p>   | <p>18:00 - 19:00<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Marie Martins</p> | <p>19:00 - 20:00<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Jims Jette</p> | <p>12:00 - 13:00<br/><b>Zumba®</b><br/>Group Classes Studio   Jims Jette</p>  | <p>13:00 - 14:00<br/><b>Pilates</b><br/>Group Classes Studio   Nanou Cannone</p>                |   |
| <p>19:00 - 20:00<br/><b>COACH BY COLOR®</b><br/><b>Connect Cycling</b><br/>Cycling Cube   Jims Jette</p> | <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Marie Martins</p>                                 | <p>19:00 - 20:00<br/><b>Crosstraining</b><br/>Fitness Floor   Kadima Kabangu</p>         | <p>19:00 - 20:00<br/><b>Pilates</b><br/>Group Classes Studio   Anne-Michele Franken</p>                  |   |   |   |
| <p>19:00 - 20:00<br/><b>Crosstraining</b><br/>Fitness Floor   Kadima Kabangu</p>                         |   | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Group Classes Studio   Kiki François</p>          |  |   |   |   |
| <p>19:00 - 20:00<br/><b>Jims Jump</b><br/>Group Classes Studio   Ildiko Csuzdi</p>                       |   |  |  |   |   |   |
| <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Tom Kawende</p>          |   |  |  |   |   |   |
| <p>20:00 - 21:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Kadima Kabangu</p>            |   |  |  |   |   |   |