

MA, 21 OKT	DI, 22 OKT	WO, 23 OKT	DO, 24 OKT	VR, 25 OKT	ZA, 26 OKT	ZO, 27 OKT
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18:45 - 19:00  
**Core**  
 Functional Zone | Alex Van den berghe

19:00 - 20:00  
**HIIT**  
 Functional Zone | Alex Van den berghe

20:00 - 21:00  
**Women's Strength Training (SGT)**  
 Fitness Floor | Katrien Foncé

17:00 - 18:00  
**Suspension Training**  
 Functional Zone | Wout Degline

18:00 - 19:00  
**Start To Workout (SGT)**  
 Fitness Floor | Alex Van den berghe

17:30 - 18:30  
**Power**  
 Functional Zone | Louis Fauvarque

18:30 - 19:00  
**Mobility (SGT)**  
 Functional Zone | Louis Fauvarque

19:00 - 20:00  
**HIIT**  
 Functional Zone | Wout Degline

17:00 - 18:00  
**Women's Strength Training (SGT)**  
 Functional Zone | Katrien Foncé

18:00 - 19:00  
**Power**  
 Functional Zone | Louis Fauvarque

19:00 - 20:00  
**Power**  
 Functional Zone | Louis Fauvarque

11:00 - 12:00  
**Start To Workout (SGT)**  
 Fitness Floor | Alex Van den berghe

MA, 28 OKT	DI, 29 OKT	WO, 30 OKT	DO, 31 OKT	VR, 01 NOV	ZA, 02 NOV	ZO, 03 NOV
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18:45 - 19:00  
**Core**  
 Functional Zone | Alex Van den berghe

19:00 - 20:00  
**HIIT**  
 Functional Zone | Alex Van den berghe

20:00 - 21:00  
**Women's Strength Training (SGT)**  
 Fitness Floor | Katrien Foncé

17:00 - 18:00  
**Suspension Training**  
 Functional Zone | Wout Degline

18:00 - 19:00  
**Start To Workout (SGT)**  
 Fitness Floor | Alex Van den berghe

17:30 - 18:30  
**Power**  
 Functional Zone | Louis Fauvarque

18:30 - 19:00  
**Mobility (SGT)**  
 Functional Zone | Louis Fauvarque

19:00 - 20:00  
**HIIT**  
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 Functional Zone | Louis Fauvarque

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**Power**  
 Functional Zone | Louis Fauvarque

11:00 - 12:00  
**Start To Workout (SGT)**  
 Fitness Floor | Alex Van den berghe