

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

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

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

19:00 - 19:30
Core
 Functional Zone | Alex Van den berghe

18:00 - 19:00
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
Booty
 | Katrien Foncé

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

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

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

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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18:00 - 19:00
BBB
 Functional Zone | Katrien Foncé

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

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

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

19:00 - 19:30
Core
 Functional Zone | 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
Booty
 | Katrien Foncé

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

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

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