

| MA, 18 NOV  | DI, 19 NOV  | WO, 20 NOV  | DO, 21 NOV  | VR, 22 NOV   | ZA, 23 NOV  | ZO, 24 NOV  |
|---|---|---|---|--|---|---|
| <p>18:00 - 18:45<br/><b>Healthy Back (SGT)</b><br/>Fitness Floor   Rembert Van den haute</p>                | <p>18:30 - 19:30<br/><b>Moving Moms (SGT)</b><br/>Fitness Floor   Merlijn Vanden Bogaerde</p> | <p>19:00 - 20:00<br/><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b><br/>Cycling Cube   Mohamed Tijani</p>   | <p>18:00 - 19:00<br/><b>Core</b><br/>Group Classes Studio   Merlijn Vanden Bogaerde</p>   | <p>18:00 - 19:00<br/><b>Kickboxing</b><br/>Boxing Cube   Yorick Vermeulen</p>          | <p>10:00 - 11:00<br/><b>HIIT</b><br/>Group Classes Studio   Yorick Vermeulen</p>                    | <p>10:00 - 11:00<br/><b>Kickboxing</b><br/>Boxing Cube   Yorick Vermeulen</p>                                   |
| <p>18:30 - 19:30<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Lorenzo Van de Weghe</p>             | <p>19:00 - 20:00<br/><b>BBB</b><br/>Group Classes Studio   Eva Simons</p>                     | <p>19:00 - 20:00<br/><b>Total Body Conditioning</b><br/>Group Classes Studio   Femke Dierickx</p>         | <p>19:00 - 20:00<br/><b>Fusion Pilates</b><br/>Body &amp; Mind Cube   Laely Nys</p>       |  | <p>10:00 - 11:00<br/><b>Yoga</b><br/>Body &amp; Mind Cube   Lisa Tijtgat</p>                        | <p>11:00 - 12:00<br/><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b><br/>Group Classes Studio   Mohamed Tijani</p> |
| <p>19:00 - 20:00<br/><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b><br/>Cycling Cube   Mohamed Tijani</p>     | <p>19:00 - 20:00<br/><b>CIRCL Mobility™</b><br/>Body &amp; Mind Cube   Laely Nys</p>          | <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Rembert Van den haute</p> | <p>19:00 - 20:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Eva Simons</p> |  | <p>11:00 - 12:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Nicolas Van puyvelde</p> | <p>11:00 - 12:00<br/><b>Total Body Conditioning</b><br/>Group Classes Studio   Yorick Vermeulen</p>             |
| <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Merlijn Vanden Bogaerde</p> | <p>19:30 - 20:15<br/><b>Weight Loss (SGT)</b><br/>Fitness Floor   Rembert Van den haute</p>   | <p>20:00 - 21:00<br/><b>BBB</b><br/>Group Classes Studio   Femke Dierickx</p>                             | <p>19:00 - 20:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Eva Simons</p> | <p>19:00 - 20:00<br/><b>Moving Moms (SGT)</b><br/>Fitness Floor   Stephanie Schamp</p> |   |   |
| <p>20:00 - 21:00<br/><b>Crosstraining</b><br/>Group Classes Studio   Mohamed Tijani</p>                     | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Boxing Cube   Yorick Vermeulen</p>                     | <p>20:00 - 21:00<br/><b>Kickboxing</b><br/>Boxing Cube   Frederick Derijcke</p>                           | <p>19:00 - 20:00<br/><b>Boxing</b><br/>Boxing Cube   Yorick Vermeulen</p>                 | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Boxing Cube   Yorick Vermeulen</p>              |   |   |
| <p>20:00 - 21:00<br/><b>Self Defense</b><br/>Boxing Cube   Frederick Derijcke</p>                           | <p>20:00 - 21:00<br/><b>Les Mills Dance</b><br/>Group Classes Studio   Laely Nys</p>          | <p>20:00 - 21:00<br/><b>Kickboxing</b><br/>Boxing Cube   Frederick Derijcke</p>                           | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Boxing Cube   Yorick Vermeulen</p>                 | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Boxing Cube   Yorick Vermeulen</p>              |   |   |
|   | <p>20:00 - 21:00<br/><b>Yin Yoga</b><br/>Body &amp; Mind Cube   Nathalie Van der beken</p>    | <p>20:00 - 21:00<br/><b>Pilates Cube</b><br/>Body &amp; Mind Cube   Lisa Tijtgat</p>                      | <p>20:00 - 21:00<br/><b>Moving Moms (SGT)</b><br/>Fitness Floor   Stephanie Schamp</p>    | <p>20:00 - 21:00<br/><b>Les Mills Dance</b><br/>Group Classes Studio   Laely Nys</p>   |   |   |

| MA, 25 NOV  | DI, 26 NOV  | WO, 27 NOV  | DO, 28 NOV  | VR, 29 NOV   | ZA, 30 NOV  | ZO, 01 DEC  |
|---|---|---|---|--|---|---|
| <p>18:00 - 18:45<br/><b>Healthy Back (SGT)</b><br/>Fitness Floor   Rembert Van den haute</p>                | <p>18:30 - 19:30<br/><b>Moving Moms (SGT)</b><br/>Fitness Floor   Merlijn Vanden Bogaerde</p> | <p>19:00 - 20:00<br/><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b><br/>Cycling Cube   Mohamed Tijani</p>   | <p>18:00 - 19:00<br/><b>Core</b><br/>Group Classes Studio   Merlijn Vanden Bogaerde</p>   | <p>18:00 - 19:00<br/><b>Kickboxing</b><br/>Boxing Cube   Conan Saelens</p> | <p>10:00 - 11:00<br/><b>HIIT</b><br/>Group Classes Studio   Yorick Vermeulen</p>                    | <p>10:00 - 11:00<br/><b>Kickboxing</b><br/>Boxing Cube   Conan Saelens</p>                                      |
| <p>18:30 - 19:30<br/><b>Start To Workout (SGT)</b><br/>Fitness Floor   Lorenzo Van de Weghe</p>             | <p>19:00 - 20:00<br/><b>BBB</b><br/>Group Classes Studio   Eva Simons</p>                     | <p>19:00 - 20:00<br/><b>Total Body Conditioning</b><br/>Group Classes Studio   Femke Dierickx</p>         | <p>19:00 - 20:00<br/><b>Fusion Pilates</b><br/>Body &amp; Mind Cube   Laely Nys</p>       |  | <p>10:00 - 11:00<br/><b>Yoga</b><br/>Body &amp; Mind Cube   Lisa Tijtgat</p>                        | <p>11:00 - 12:00<br/><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b><br/>Group Classes Studio   Mohamed Tijani</p> |
| <p>19:00 - 20:00<br/><b>COACH BY COLOR®<br/>Cycling Cube (BE)</b><br/>Cycling Cube   Mohamed Tijani</p>     | <p>19:00 - 20:00<br/><b>CIRCL Mobility™</b><br/>Body &amp; Mind Cube   Laely Nys</p>          | <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Rembert Van den haute</p> | <p>19:00 - 20:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Eva Simons</p> |  | <p>10:00 - 11:00<br/><b>Yoga</b><br/>Body &amp; Mind Cube   Lisa Tijtgat</p>                        | <p>11:00 - 12:00<br/><b>Total Body Conditioning</b><br/>Group Classes Studio   Yorick Vermeulen</p>             |
| <p>19:00 - 20:00<br/><b>Women's Strength Training (SGT)</b><br/>Fitness Floor   Merlijn Vanden Bogaerde</p> | <p>19:30 - 20:15<br/><b>Weight Loss (SGT)</b><br/>Fitness Floor   Rembert Van den haute</p>   | <p>20:00 - 21:00<br/><b>BBB</b><br/>Group Classes Studio   Femke Dierickx</p>                             | <p>19:00 - 20:00<br/><b>Moving Moms (SGT)</b><br/>Fitness Floor   Stephanie Champ</p>     | <p>20:00 - 21:00<br/><b>Boxing</b><br/>Boxing Cube   Yorick Vermeulen</p>  | <p>11:00 - 12:00<br/><b>Les Mills Bodypump™</b><br/>Group Classes Studio   Nicolas Van puyvelde</p> |   |
| <p>20:00 - 21:00<br/><b>Crosstraining</b><br/>Group Classes Studio   Mohamed Tijani</p>                     | <p>20:00 - 21:00<br/><b>Les Mills Dance</b><br/>Group Classes Studio   Laely Nys</p>          | <p>20:00 - 21:00<br/><b>Kickboxing</b><br/>Boxing Cube   Frederick Derijcke</p>                           | <p>20:00 - 21:00<br/><b>Les Mills Dance</b><br/>Group Classes Studio   Eva Simons</p>     |  |   |   |
| <p>20:00 - 21:00<br/><b>Self Defense</b><br/>Boxing Cube   Frederick Derijcke</p>                           | <p>20:00 - 21:00<br/><b>Yin Yoga</b><br/>Body &amp; Mind Cube   Nathalie Van der beken</p>    | <p>20:00 - 21:00<br/><b>Pilates Cube</b><br/>Body &amp; Mind Cube   Lisa Tijtgat</p>                      |   |  |   |   |