

MA, 21 OKT	DI, 22 OKT	WO, 23 OKT	DO, 24 OKT	VR, 25 OKT	ZA, 26 OKT	ZO, 27 OKT
10:00 - 10:30 Core Functional Zone Matthias Criel	14:00 - 15:00 Women's Strength Training (SGT) Fitness Floor Ian Van de veire	09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel	17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de veire	10:00 - 10:30 Core Functional Zone Matthias Criel		
10:30 - 11:30 BBB Matthias Criel	18:00 - 19:00 Start To Workout (SGT) Fitness Floor Merel Van Damme	10:00 - 10:30 Core Functional Zone Merel Van Damme	18:45 - 19:15 Total Body Conditioning Functional Zone Matthias Criel	10:30 - 11:00 Fitball Functional Zone Matthias Criel		
13:00 - 14:00 Start To Workout (SGT) Fitness Floor Ian Van de veire	18:45 - 19:15 Fitball Functional Zone Matthias Criel	10:30 - 11:30 Crosstraining Functional Zone Matthias Criel	19:15 - 20:15 Strongman Functional Zone Matthias Criel	11:00 - 11:30 Total Body Conditioning Functional Zone Matthias Criel		
17:00 - 17:45 Healthy Back (SGT) Fitness Floor Ferre Goossen	19:00 - 19:45 Conditionnement (SGT) Fitness Floor Cindy Roels	14:00 - 14:45 Conditionnement (SGT) Fitness Floor Cindy Roels	20:15 - 21:15 Pilates Functional Zone Matthias Criel			
18:00 - 18:45 Conditionnement (SGT) Fitness Floor Ian Van de veire	19:15 - 20:15 Pilates Functional Zone Matthias Criel	18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen				
18:45 - 19:15 Core Functional Zone Matthias Criel	20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen	18:45 - 19:15 Core Functional Zone Matthias Criel				
19:00 - 20:00 Start To Workout (SGT) Fitness Floor Merel Van Damme	20:15 - 21:15 BBB Matthias Criel	19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen				
19:15 - 20:15 BBB Functional Zone Matthias Criel		19:15 - 20:15 XCORE® Functional Zone Liese Daelman				
20:00 - 20:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen		20:00 - 21:00 Start To Workout (SGT) Fitness Floor Merel Van Damme				
20:15 - 21:15 Crosstraining Functional Zone Matthias Criel		20:15 - 21:15 Power Functional Zone Liese Daelman				

MA, 28 OKT	DI, 29 OKT	WO, 30 OKT	DO, 31 OKT	VR, 01 NOV	ZA, 02 NOV	ZO, 03 NOV
<p>10:00 - 10:30 Core Functional Zone Matthias Criel</p>	<p>14:00 - 15:00 Women's Strength Training (SGT) Fitness Floor Ian Van de veire</p>	<p>09:30 - 10:00 Total Body Conditioning Functional Zone Matthias Criel</p>	<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Ian Van de veire</p>	<p>10:00 - 10:30 Core Functional Zone Matthias Criel</p>		
<p>10:30 - 11:30 BBB Matthias Criel</p>	<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>	<p>10:00 - 10:30 Core Functional Zone Merel Van Damme</p>	<p>18:45 - 19:15 Total Body Conditioning Functional Zone Matthias Criel</p>	<p>10:30 - 11:00 Fitball Functional Zone Matthias Criel</p>		
<p>13:00 - 14:00 Start To Workout (SGT) Fitness Floor Ian Van de veire</p>	<p>18:45 - 19:15 Fitball Functional Zone Matthias Criel</p>	<p>10:30 - 11:30 Crosstraining Functional Zone Matthias Criel</p>	<p>19:15 - 20:15 Strongman Functional Zone Matthias Criel</p>	<p>11:00 - 11:30 Total Body Conditioning Functional Zone Matthias Criel</p>		
<p>17:00 - 17:45 Healthy Back (SGT) Fitness Floor Ferre Goossen</p>	<p>19:00 - 19:45 Conditionnement (SGT) Fitness Floor Cindy Roels</p>	<p>14:00 - 14:45 Conditionnement (SGT) Fitness Floor Cindy Roels</p>	<p>20:15 - 21:15 Pilates Functional Zone Matthias Criel</p>			
<p>18:00 - 18:45 Conditionnement (SGT) Fitness Floor Ian Van de veire</p>	<p>19:15 - 20:15 Pilates Functional Zone Matthias Criel</p>	<p>18:00 - 18:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen</p>				
<p>18:45 - 19:15 Core Functional Zone Matthias Criel</p>	<p>20:00 - 21:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen</p>	<p>18:45 - 19:15 Core Functional Zone Matthias Criel</p>				
<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>	<p>20:15 - 21:15 BBB Matthias Criel</p>	<p>19:00 - 20:00 Women's Strength Training (SGT) Fitness Floor Ferre Goossen</p>				
<p>19:15 - 20:15 BBB Functional Zone Matthias Criel</p>		<p>19:15 - 20:15 XCORE® Functional Zone Liese Daelman</p>				
<p>20:00 - 20:45 Squat Bench Deadlift (SGT) Fitness Floor Ferre Goossen</p>		<p>20:00 - 21:00 Start To Workout (SGT) Fitness Floor Merel Van Damme</p>				
<p>20:15 - 21:15 Crosstraining Functional Zone Matthias Criel</p>		<p>20:15 - 21:15 Power Functional Zone Liese Daelman</p>				