

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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18:00 - 19:00
Start To Workout (SGT)
Functional Zone | Katrien Foncé

19:00 - 20:00
HIIT
Functional Zone | Alex Van Den Berghe

18:30 - 19:00
Mobility (SGT)
Functional Zone | Lotte Van Damme

18:00 - 19:00
Strength For Women (SGT)
| Lotte Van Damme

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

18:00 - 19:00 Start To Workout (SGT) Functional Zone Rembert Van Den Haute	18:30 - 19:00 Mobility (SGT) Functional Zone Lotte Van Damme	18:00 - 19:00 Strength For Women (SGT) Lotte Van Damme
19:00 - 20:00 HIIT Functional Zone Katrien Foncé		