



Spring 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ETTERBEEK (sport center De Maalbeek) M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)						10.00 - 11.00*	10.00 - 11.00*
						Coreflex (Francesca)	Family 2-6y (Emma)
		12.30 - 13.20	12.30 - 13.30	12.30 - 13.30	12.30 - 13.30	11.00 - 12.00*	11.00 - 12.20*
		Dance Explode (Magda)	Coreflex mini bands (Senta)	Jympa (Alice)	Jympa (Sophie)	Jympa (Rebecca)	Stations 75 (Lies)
	13.00 - 14.00					12.00 - 13.00* NEW	12.30 - 13.30*
	Jympa (Rosita)					Box (Wim)	Yoga (Marika)
	19.00 - 20.00	19.00 - 20.00					
	Jympa (Nolwenn)	Jympa Soft (Monica)					
		20.00 - 21.00					
		Intensive (Tarja)					
VUB 3 February - 28 May M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00 L6	19.00 - 20.00 L6	19.00 - 20.00 L6			
		Jympa (Amelie)	Multifys (Fleur)	Intensive (Francesca)			
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00 - 21.00 S1			11.30 - 12.30 S3	10.00 - 11.00 S3
			Multifys (Johanna)			Jympa (Lene/Daniela)	Jympa (Magda)
OPTIMA Sportshall B. 29, 56, 61, 64 (Dailly)		20.00 - 21.00 Mirror room	18.30 - 19.30 Sportshall	20.00 - 21.00 Mirror room			10.30 - 11.45 Mirror room NEW
		Barbell (Matteo)	Jympa (Lene)	Barbell (Lies)			Barbell intervals (Tarja)
SCHAARBEEK (sport center E. Hiel) T. 7 (Héliotropes)	19.00 - 20.00		18.45 - 19.45				
	Coreflex (Lene)		Yoga (Olivier)				
COUNCIL Sport Centre M. 1, 5, B. 36 (Schuman) B. 21, 27, 59 (Froissant)		17.30 - 18.30			12.15 - 13.00		
		Jympa (Yvonne)			Multifys Soft (Daniela)		
JIMS JOURDAN B. 34, 59, 60, 80 (Etangs)	19.30 - 20.30			19.30 - 20.30			
	Spin Mix (Christina)			Spinning (Christina/Wim)			
ONLINE (via Zoom)	8.00 - 8.45						
	Yoga (Lisa)						
WOLUWE PARK B. 36 (Chien Vert)		19.00 - 20.30		19.30 - 20.15			
		Nordic Walking (Guy/Philippe)		Running Soft (Berit)			
CINQUANTEAIRE (Meeting Merode entrance)	18.30 - 19.30		19.30 - 20.30				
	Running Intervals (George)		Running Cross/Intervals (Fiona)				
SONIAN FOREST Adeps sports centre Bois de la Cambre						9.30 - 11.00	11.00 - 12.30
						Nordic Walking (Edite/Anne/ Guy/Anita)	Running Distance (Philippe)

* Free babysitting provided
Children aged 8-11 are allowed for free if they train together with a parent/adult (except Jims / Stations)