

	INDOOR							ONLINE	OUTDOOR				
	Emergence XL	Maalbeek (old moves to new Oct 16th)	EU Council	Hiel	Optima	Mounier	Ecole Neuve (Saint Gilles)	JIMS Jourdan	Zoom	Cinquantenaire	Woluwepark	Sonian Forest	
Monday		19:00–20:00 Jympa Nolwenn	13:00–14:00 Flex&Relax Olivier	19:00–20:00 Pilates Daniela				19:30–20:30 Spin Thibaud Christina	8:00–9:00 Yoga Lisa	19:00–2000 Running Intervals George			
Tuesday	12:30–13:30 Jympa Alice	19:00–20:00 Jympa Soft Monica 20:00–21:00 Jympa Intensive Tarja	18:00–19:00 Jympa Yvonne		20:00–21:00 (Mirror Room) Barbell Matteo						19:00–20:30 Nordic Walking Guy/Philippe		
Wednesday			13:00–14.00 Multifys Coreflex Daniela Senta	18:45–19:45 Coreflex Yoga Lene Olivier	20:30–21:30 (Mirror Room) Box Wim	12:30–13:30 Jympa Magda	19:00–20.00 Multifys Fleur						
Thursday	12:30–13:30 Jympa Rosita				18:30–19:30 (Sports Hall) Jympa Intensive Francesca 20:00–21:00 (Mirror Room) Barbell Lies		18.30 –19.30 Jympa Sophie	19:30–20:30 Spin Rachel			19:00–20:00 Running Soft/ Cross Running Berit		
Friday			12:30–13:30 Jympa Soft Senta										
Saturday		10:00–11:00 Coreflex Francesca 11:00–12:15 Stations Lies			14:00–15:00 (Sports Hall) Dance Explode Dance Magda Monica	11:30–12:30 Multifys Johanna						9:30–11:00 Nordic Walking TEAM	
Sunday		10:00–11:00 Family Emma 11:00–12:00 Jympa Amélie Rebecca			10:30–11:45 (Mirror Room) Barbell Intervals Tarja	10:00–11:00 Pilates Lene						11:00–12:30 Running Distance Philippe	