



Friskis Summer Sessions July-August '26



NOTE: Always confirm the latest weekly schedule on the [Friskis member portal](#) or Mobile App

DATE	TIME	LOCATION	SESSION	INSTRUCTORS
2026-07-01	19:00	Cinquantenaire (Mérode entrance)	Running Soft	Berit Koop
2026-07-02	19:00	Cinquantenaire RMA (near the running track)	Start of Summer of '26 - MEGA Park Session	Team Friskis
2026-07-04	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Anne Dauvrin
2026-07-04	10:00	Cinquantenaire (Mérode entrance)	Summer Social Saturday Run	Wim Deloof
2026-07-05	10:00	Mounier	CoreFlex	Lene Kristensen
2026-07-05	11:00	Sonian Forest	Running Distance	Philippe Arets
2026-07-07	19:00	Cinquantenaire RMA	Jympa in the Park	Rosita Scanferla
2026-07-07	19:00	Cinquantenaire RMA	Nordic Walking	Guy Tasmowski
2026-07-08	19:00	Cinquantenaire (Mérode entrance)	Cross Running	Berit Koop
2026-07-08	19:00	Stade Fallon	Nordic Walking Techniques	Edite Kruze
2026-07-09	19:00	Cinquantenaire RMA	Jympa in the Park	Alice Polo
2026-07-11	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite Kruze
2026-07-11	10:00	Cinquantenaire (Mérode entrance)	Summer Social Saturday Run	Wim Deloof
2026-07-12	10:00	Mounier	Jympa	Amelie Delforge
2026-07-12	11:00	Bois de la Cambre	Running Distance	Philippe Arets
2026-07-14	19:00	Cinquantenaire RMA	Intensive Summer Session	Tarja Kallio
2026-07-14	19:00	Woluwé Park	Nordic Walking	Philippe Arets
2026-07-15	19:00	Cinquantenaire (Mérode entrance)	Running Soft	Berit Koop
2026-07-16	19:00	Cinquantenaire RMA	Jympa in the Park	Nolwenn Cozigou
2026-07-18	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Guy Tasmowski
2026-07-18	10:00	Cinquantenaire (Mérode entrance)	Summer Social Saturday Run	Wim Deloof
2026-07-19	10:00	Mounier	CoreFlex	Senta Freitag
2026-07-19	11:00	Sonian Forest	Running Distance	Philippe Arets
2026-07-20	19:00	Cinquantenaire (Mérode entrance)	Running Intervals	Georgios Paltoglou
2026-07-21	19:00	Cinquantenaire RMA	Nordic Walking	Guy Tasmowski
2026-07-22	19:00	Cinquantenaire (Mérode entrance)	Cross Running	Berit Koop
2026-07-23	19:00	Cinquantenaire RMA	Jympa in the Park	Amelie Delforge
2026-07-25	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Guy Tasmowski
2026-07-25	10:00	Cinquantenaire (Mérode entrance)	Summer Social Saturday Run	Wim Deloof
2026-07-26	10:00	Mounier	Multifys	Johanna van Vrede

NOTE: Always confirm the latest weekly schedule on the [Friskis member portal](#) or Mobile App



Friskis Summer Sessions July-August '26



2026-07-26	11:00	Bois de la Cambre	Running Distance	Philippe Arets
2026-07-27	19:00	Cinquantenaire (Mérode entrance)	Running Intervals	Georgios Paltoglou
2026-07-28	19:00	Cinquantenaire RMA	CoreFlex in the Park	Francesca Colli
2026-07-28	19:00	Woluwé Park	Nordic Walking	Philippe Arets
2026-07-30	19:00	Cinquantenaire RMA	Jympa in the Park	Francesca Colli
2026-08-01	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Anita Hegyi
2026-08-02	10:00	Mounier	CoreFlex	Francesca Colli
2026-08-02	11:00	Sonian Forest	Running Distance	Philippe Arets
2026-08-03	19:00	Cinquantenaire (Mérode entrance)	Running Intervals	Georgios Paltoglou
2026-08-04	19:00	Cinquantenaire RMA	Jympa in the Park	Yvonne John
2026-08-04	19:00	Cinquantenaire RMA	Nordic Walking	Guy Tasmowski
2026-08-06	19:00	Cinquantenaire RMA	Yoga in the Park	Olivier Baeten
2026-08-08	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Guy Tasmowski
2026-08-09	10:00	Mounier	Multifys	Daniela Fraiss
2026-08-09	11:00	Bois de la Cambre	Running Distance	Philippe Arets
2026-08-10	19:00	Cinquantenaire (Mérode entrance)	Running Intervals	Georgios Paltoglou
2026-08-11	19:00	Cinquantenaire RMA	Jympa in the Park	Yvonne John
2026-08-11	19:00	Woluwé Park	Nordic Walking	Philippe Arets
2026-08-13	19:00	Cinquantenaire RMA	Jympa in the Park	Francesca Colli
2026-08-15	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite Kruze
2026-08-16	10:00	Mounier	Pilates	Lene Kristensen
2026-08-16	11:00	Sonian Forest	Running Distance	Philippe Arets
2026-08-17	19:00	Cinquantenaire (Mérode entrance)	Running Intervals	Georgios Paltoglou
2026-08-18	19:00	Cinquantenaire RMA	Jympa in the Park	Amelie Delforge
2026-08-18	19:00	Cinquantenaire RMA	Nordic Walking	Guy Tasmowski
2026-08-19	12:30	Mounier	Jympa Soft	Monica De Guchteneere
2026-08-19	19:00	Cinquantenaire (Mérode entrance)	Cross Running	Berit Koop
2026-08-20	19:00	Cinquantenaire RMA	Jympa in the Park	Rosita Scanferla
2026-08-22	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Guy Tasmowski
2026-08-23	10:00	Mounier	Jympa	Sophie Béreau
2026-08-23	11:00	Bois de la Cambre	Running Distance	Philippe Arets
2026-08-24	19:00	Cinquantenaire (Mérode entrance)	Running Intervals	Georgios Paltoglou
2026-08-25	19:00	Cinquantenaire RMA	Jympa in the Park	Alice Polo
2026-08-25	19:00	Woluwé Park	Nordic Walking	Philippe Arets
2026-08-26	12:30	Mounier	Jympa	Senta Freitag
2026-08-26	19:00	Cinquantenaire (Mérode entrance)	Running Soft	Berit Koop

NOTE: Always confirm the latest weekly schedule on the [Friskis member portal](#) or Mobile App



Friskis Summer Sessions July-August '26



2026-08-27	19:00	Park Viaduc	End of Summer of '26 - MEGA Park Session	Team Friskis
2026-08-29	9:30	Centre Sportif Forêt de Soignes	Nordic Walking	Anne Dauvrin
2026-08-30	10:00	Mounier	Multifys	Johanna van Vrede
2026-08-30	11:00	Sonian Forest	Running Distance	Philippe Arets
2026-08-31	19:00	Cinquantenaire (Mérode entrance)	Running Intervals	Georgios Paltoglou

NOTE: Always confirm the latest weekly schedule on the [Friskis member portal](#) or Mobile App

NOTE: Always confirm the latest weekly schedule on the [Friskis member portal](#) or Mobile App