



Autumn 2025

	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*					
											Multifys (Johanna)	Family 2-6y (Alice/Lene/Priscille)
						12.30 -13.20	12.30 - 13.30 NEW	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 (Rosita)	Jympa (Rebecca)	Stations 75 (Lies)	
	13.00 - 14.00						12.00 - 13.00* NEW	12.30 - 13.30*				
	Jympa (Sophie)						Box - Wim when ready	Yoga (Marika)				
	19.00 - 20.00						19.00 - 20.00					
	Jympa (Nolwenn)						Jympa (Mónica)					
	20.00 - 21.00											
Intensive (Tarja)												
VUB 09/09-18/12 M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00	19.00 - 20.00 L6	19.00 - 20.00 L6								
		Jympa (Geneviève)	Multifys (Fleur)	Intensive (Francesca)								
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)		20.00 - 21.00	20.00 - 21.00			11.30 - 12.30	10.00 - 11.00					
		Spinning (Christina)	Multifys Soft (Daniela)			Jympa (Senta / Lene)	Jympa (Magda)					
OPTIMA Sportshall B. 29, 56, 61, 64 (Dailly)			18.30 - 19.30				10.30 - 11.30 NEW					
			Jympa (Mónica)				Discovery (mirror room) (all)					
		20.00 -21.00 NEW					20.00 -21.00 NEW					
		Barbell (mirror room) (Matteo)	Barbell (mirror room) (Lies)									
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	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 (Froissart)		17.30 - 18.30			12.15 - 13.00							
		Jympa (Yvonne)			Coreflex (Lene) / Yoga (Olivier)							
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)	19.30 - 20.30			19.30 - 20.30		10.00 - 11.15						
	Spinning (Thibaud)			Spinning (Wim)		Barbell Intervall 75 (Tarja)						
ONLINE (via Zoom)	8.00 - 8.45											
	Yoga (Lisa)											
WOLUWE PARK B. 36 (CHIEN VERT)		19.00 - 20.30										
		Nordic Walking (Guy/Philippe)										
CINQUANTENAIRE (next to Military tracks) (Meeting Merode entrance)	19.00 - 20.00					10.00 - 11.00						
	Multifys Outdoor (Tarja, until October)					Running Distance (Wim)						
	18.30 - 19.30					19.30 - 20.15 / 19.30- 20.30		19.30 - 20.30				
	Running Intervals (George)					Running Soft / Cross Running (Berit)		Running Intervals (Fiona)				
SONIAN FOREST Adeps sport center 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)