



Friskis Summer Sessions July-August '25



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

DATE	TIME	LOCATION	SESSION	INSTRUCTORS
Tuesday, July 1, 2025	19:00	Cinquantenaire Park RMA (near public running track)	Summer Kick-Off	Magda, Francesca, Olivier, Amélie, Lisa, Lies, Sophie
Tuesday, July 1, 2025	19:00	Woluwé Park	Nordic Walking	Guy
Wednesday, July 2, 2025	19:30	Cinquantenaire Park Merode	Soft Summer Run	Berit
Thursday, July 3, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Rosita
Saturday, July 5, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Lene
Sunday, July 6, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer Jympa	Senta
Sunday, July 6, 2025	11:00	Centre Sportif Forêt de Soignes	Endless Summer Running	Philippe
Monday, July 7, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	Fiona
Tuesday, July 8, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Mira
Tuesday, July 8, 2025	19:00	Woluwé Park	Nordic Walking	Philippe
Wednesday, July 9, 2025	19:30	Cinquantenaire Park Merode	Running Cross	Berit
Thursday, July 10, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Sophie
Saturday, July 12, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite
Sunday, July 13, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer CoreFlex	Lene
Sunday, July 13, 2025	11:00	Bois de la Cambre	Endless Summer Running	Philippe
Monday, July 14, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	Fiona
Tuesday, July 15, 2025	19:00	Cinquantenaire Park RMA	Multifys Outdoor	Fleur
Tuesday, July 15, 2025	19:00	Woluwé Park	Nordic Walking	Guy
Wednesday, July 16, 2025	19:30	Cinquantenaire Park Merode	Soft Summer Run	Berit
Thursday, July 17, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Alice
Saturday, July 19, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Guy
Sunday, July 20, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer Multifys Soft	Annika
Sunday, July 20, 2025	11:00	Centre Sportif Forêt de Soignes	Endless Summer Running	Philippe
Monday, July 21, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	Fiona
Tuesday, July 22, 2025	19:00	Cinquantenaire Park RMA	Yoga in the Park	Olivier
Tuesday, July 22, 2025	19:00	Woluwé Park	Nordic Walking	Philippe
Wednesday, July 23, 2025	19:30	Cinquantenaire Park Merode	Running Cross	Berit
Thursday, July 24, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Lies
Saturday, July 26, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Anne
Sunday, July 27, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer CoreFlex	Mira
Sunday, July 27, 2025	11:00	Bois de la Cambre	Endless Summer Running	Philippe



Friskis Summer Sessions July-August '25



Monday, July 28, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	Fiona
Tuesday, July 29, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Johanna
Tuesday, July 29, 2025	19:00	Woluwé Park	Nordic Walking	Guy
Wednesday, July 30, 2025	19:30	Cinquantenaire Park Merode	Soft Summer Run	Berit
Thursday, July 31, 2025	19:00	Cinquantenaire Park RMA	Yoga in the Park	Lisa
Saturday, Aug. 2, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite
Sunday, Aug. 3, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer Jympa	Daniela
Sunday, Aug. 3, 2025	11:00	Centre Sportif Forêt de Soignes	Endless Summer Running	Philippe
Monday, Aug. 4, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	George
Tuesday, Aug. 5, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Amélie
Tuesday, Aug. 5, 2025	19:00	Woluwé Park	Nordic Walking	Philippe
Wednesday, Aug. 6, 2025	19:30	Cinquantenaire Park Merode	Running Cross	Fiona
Thursday, Aug. 7, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Mira
Saturday, Aug. 9, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite
Sunday, Aug. 10, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer Jympa	Daniela
Sunday, Aug. 10, 2025	11:00	Bois de la Cambre	Endless Summer Running	Philippe
Monday, Aug. 11, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	George
Tuesday, Aug. 12, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Amélie
Tuesday, Aug. 12, 2025	19:00	Woluwé Park	Nordic Walking	Guy
Wed., Aug. 13, 2025	19:30	Cinquantenaire Park Merode	Soft Summer Run	George
Thursday, Aug. 14, 2025	19:00	Cinquantenaire Park RMA	Yoga in the Park	Lisa
Saturday, Aug. 16, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite
Sunday, Aug. 17, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer Multifys Soft	Annika
Sunday, Aug. 17, 2025	11:00	Centre Sportif Forêt de Soignes	Endless Summer Running	Philippe
Monday, Aug. 18, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	George
Tuesday, Aug. 19, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Nolwenn
Tuesday, Aug. 19, 2025	19:00	Woluwé Park	Nordic Walking	Philippe
Wed., Aug. 20, 2025	19:30	Cinquantenaire Park Merode	Running Cross	George
Thursday, Aug. 21, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Francesca
Saturday, Aug. 23, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite
Sunday, Aug. 24, 2025	10:00	Mounier, Woluwé-Saint-Pierre	Summer Jympa	Rosita
Sunday, Aug. 24, 2025	11:00	Bois de la Cambre	Endless Summer Running	Philippe
Monday, Aug. 25, 2025	19:30	Cinquantenaire Park Merode	Running Intervals	George
Tuesday, Aug. 26, 2025	19:00	Cinquantenaire Park RMA	Jympa in the Park	Sophie
Tuesday, Aug. 26, 2025	19:00	Woluwé Park	Nordic Walking	Guy



Friskis Summer Sessions July-August '25



Wed., Aug. 27, 2025	19:30	Cinquantenaire Park Merode	Soft Summer Run	Berit
Thursday, Aug. 28, 2025	19:00	Cinquantenaire Park RMA (near public running track)	MEGA Session	Magda, Francesca, Sophie, Nolwenn, Alice, Yvonne
Saturday, Aug. 30, 2025	09:30	Centre Sportif Forêt de Soignes	Nordic Walking	Edite
Sunday, Aug. 31, 2025	10:00	Mounier, Woluwé-Saint-Pierre	CoreFlex Miniband	Senta
Sunday, Aug. 31, 2025	11:00	Centre Sportif Forêt de Soignes	Endless Summer Running	Philippe

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