

	INDOOR							ONLINE	OUTDOOR				
	Emergence XL	Maalbeek (old moves to new Oct 16th)	EU Council	Hiel	Optima	Mounier	Ecole Nouvelle (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	20:00–21:00 (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 (Mirror Room) Dance Explode Dance Magda Monica	11:30–12:30 Multifys Johanna					10:00–11:00 Running Intervals Fiona		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

VENUE INFORMATION			
INDOOR		OUTDOOR	
Emergence XL	Rue du sceptre 13/19, 1050 Ixelles	Cinquantenaire	Parc Cinquantenaire , meeting point: Merode entrance (Monday/Thursday) running track (Saturday)
Maalbeek until Oct 15th	Av. Auderghem 126, 1040 Etterbeek	Woluwepark	Rue du Bemel, 1150 Woluwe-St-Pierre, meeting point: Chien Vert bus stop
Maalbeek as of Oct 16th	Boulevard de la plaine 3 (red entrance), 1050 Ixelles	Sonian Forest	Chaussée de Wavre 2057, 1160 Auderghem
EU Council	Rue Froissart 108, 1040 Etterbeek		
Hiel	Allée des Freesias 7, 1030 Schaerbeek		
Optima	Gd Rue au Bois 76, Mirror room: upstairs 1030 Schaerbeek Sports hall: downstairs	online	
Mounier	Avenue Emmanuel Mounier 87, 1200 Woluwé-Saint-Lambert	via zoom	link sent via e-mail
Ecole Neuve	rue de l'Hôtel des Monnaies 128B, 1060 Saint-Gilles		
JIMS Jourdan	Rue Gray 54, 1040 Etterbeek		