



## F&S Autumn 2020 CORONA SCHEDULE

(The semester opens with this schedule and continues until further notice)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>ETTERBEEK</b> (sport center De Maalbeek)  M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)			07.30 - 08.15 Medium 45 (Johanna)			10.00-11.00 * Yoga Energy (Valentine)	11.00-12.15 * Stations 75 (Lies)	
	12.30-13.30 Basic (Daniela)	12.30-13.30 Stations 55 (Senta)	12.30-13.30 Core (Lene)	12.30-13.15 Intensive 45 (Anna)	12.30-13.30 Medium (Rosita)	11.00-11.45 * Core 45 (Lene)	12.30-13.30 * Coreflex (Catarina)	
				13.15-14.00 Dance Explode 45 (Magda)			11.45-12.30 * Dance Fusion 45 (Mònica)	
	19.00-20.00 Medium (Nolwenn)	19.00-19.45 Dance Explode 45 (Viva)			19.00-20.00 ** Basic Pulse (Mònica)		16.30-17.15 Jympa Discovery 45	
		19.45-20.45 Intensive (Tarja)					17.15-18.00 Yoga 45 (Marika)	
<b>VUB</b> M. 5 (PETILLON) T. 7, 25 (ARSENAL)	19.00-20.00 Dance Explode (Amélie)	19.00-20.00 Medium (Yvonne)	19.00-20.00 Medium (Fleur)	19.00-20.00 Medium (Lies)				
<b>MOUNIER</b> (sport center Mounier)  M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00-21.00 Core (Senta)			11.30-12.30 Medium Pulse (Mira)	10.00 – 11.00 Medium (Magda)	
<b>SCHAARBEEK</b> (sport center E. Hiel)  T. 7 (HELIOTROPES)	19.30-20.30 Coreflex (Mira)		19.00-20.00 Yoga (Lisa)					
<b>JIMS JOURDAN</b> T. 34, 59, 60, 80 (ETANGS)		12.30 - 13.15 Spin Distance 45 (Annika)		19.15 - 20.15 Spin Interval (Annika)	13.00 - 13.45 NEW Medium 45 (Alice)	10.00-11.15 Barbell Interval 75 (Tarja)		
<b>ASICS STORE</b> Porte de Namur					12:30-13.15 Coreflex 45 (Lene)			
<b>SONIAN FOREST</b> (4 bras Tervuren / Adeps sport center)						9.30-11.00 Nordic Walking (NW team)	11.00-12.30 Running Distance (Philippe)	
<b>PARLIAMENT</b> Place du Luxembourg Ixelles						10:00-11.00 Running Cross** (Berit)		
<b>WOLUWE PARK</b> B. 36 (CHIEN VERT)			19:00-20.30 Nordic Walking (NW team)					
	19.30-20.15 Start to Run 45 (Berit)		19:30-20.30 Running Quality (George)	19:30-20:30 Running Cross** / Running Quality (George/Philippe)				

\*\* The new intensity **Running Cross** will be available as of October. Replaced by Running Quality in September so please check the online calendar.

\* Free **babysitting** provided

\*\* Sessions on Fridays 7pm are not organised between All Saints and Spring holidays.

**Children from 8 to 12 are allowed for free if they train together with a parent/adult.**