



F&S Autumn 2021

	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 *	
						Core (Lene)	
	13.00 - 14.00	12.30-13.30	12.30-13.30 NEW	12.30-13.15	12.30-13.15/30	11.00-12.00 *	12.00-13.15 *
	Basic (Daniela)	Dance Explode (Viva)	Stations (Lene)	Dance Explode (Magda)	From November Medium (Sophie)	Medium Pulse (Mira)	Stations 75 (Lies)
				13.15-14.00			12.00-13.00 *
				Intensive (Anna)		Dance Fusion (Monica)	Discovery
	19.00-20.00 NEW	19.00-20.00				19.00-20.00	
Modus (Senta)	Discovery				Basic Pulse (Mónica)		Family Circuit 6-12y (Alice, Fleur, Lene)
	20.00-21.00						
	Intensive (Tarja)						
VUB M. 5 (PETILLON) T. 7, 25 (ARSENAL)	19.00-20.00 L6		19.00-20.00	19.00-20.00 L4			
	Medium (Yvonne)		From 13/10 Medium (Francesca)	Medium (Lies)			
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00-21.00			11.30-12.30	10.00 – 11.00
			Basic/Core/Medium Pulse (Daniela, Senta, Mira)			Medium (Magda)	Medium (Nolwenn)
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00-20.00						
	Coreflex (Mira)						
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)					19.15 - 20.15	10.00-11.15	
					From October Spinning Distance (Thibaud) **	Barbell Interval 75 (Tarja)	
					20.30-21.30		
					Barbell 60 (Tarja)		
ASICS STORE Porte de Namur Metro B. 71, 80					12:30-13.15		
					Coreflex 45 (Lene)		
ONLINE (via Zoom)	8.00-9.00			18.30 – 19.30			
	Yoga (Lisa)			Medium (Fleur)			
WOLUWE PARK B. 36 (CHIEN VERT)	19:30-20:30	19:00-20:30	19:30-20:15				
	Running Quality (George)	Nordic Walking (Team)	From October Start to Run (Fiona)				
CINQUANTEAIRE (Meeting Merode entrance)	19.30-20.15			19:30-20:30	19:30-20:30		
	From October Start to Run (Wim)			Running Quality (Lisa)	Running Cross (George)		
PLACE DU LUXEMBOURG						10:00 - 10:45/11:00	
						Running Cross / Start to Run (Lisa/Wim) ***	
SONIAN FOREST (4 bras Tervuren / Adeps sport center)						9.30-11.00	11.00-12.30
						Nordic Walking (Team)	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)

** Spinning Distance (Thibaud). As of October Spinning Distance sessions will take place every second Thursday (eg Thursday 7th October and Thursday 21st October)

*** As of October, the Saturday morning sessions at Place du Luxembourg will alternate each week between Running Cross and Start to Run.