



# Autumn 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ETTERBEEK</b> (sport center De Maalbeek)  M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)						10.00 - 11.00 *	10.00 - 11.00 *
						Multifys Soft (Annika)	Family 2-6y (Priscille)
		12.30 - 13.20	12.30 - 13.30	12.30 - 13.30	12.30 - 13.30	11.00 - 12.00 *	11.00 - 12.20 *
		Dance Explode (Magda)	Jympa (Alice)	Stations 55 (Senta)	Jympa (Sophie)	Jympa (Mira / Rosita)	Stations 75 (Lies)
		13.00 - 14.00				12.00 - 13.00 *	12.20 - 13.20 *
		Jympa Basic (Daniela)				Dance Fusion (Monica)	Yoga (Marika)
		19.00 - 20.00	19.00 - 20.00			19.00 - 20.00	
	Jympa (Nolwenn)	Coreflex (Lene)			Jympa (Monica) until 27/10		
		20.00 - 21.00					
		Intensive (Tarja)					
<b>VUB</b> M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00 L6	19.00 - 20.00 L6	19.00 - 20.00 L6			
		Jympa (Yvonne)	Multifys (Fleur)	Intensive (Francesca)			
<b>MOUNIER</b> (sport center)  M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00 - 21.00			11.30 - 12.30	10.00 - 11.00
			Jympa (Johanna)			Basic (Amelie)	Jympa (Magda)
<b>SCHAARBEEK</b> (sport center E. Hiel)  T. 7 (HELIOTROPES)	19.00 - 20.00		18.45 - 19.45				
	Coreflex (Mira)		Yoga (Olivier)				
<b>SCHAARBEEK</b> (sport hall Optima Grand Rue au Bois 70)			18.30 - 19.30 NEW				
			Jympa (Lies)				
<b>EUROPEAN COUNCIL</b> (entrance Rue de Froissart)		17.30 - 18.30 NEW			12.15 - 13.00 NEW		
		Jympa Basic ( Pool)			Coreflex (Lene)		
<b>JIMS JOURDAN</b> T. 34, 59, 60, 80 (ETANGS)	19.30 - 20.30			19.15 - 20.15		10.00 - 11.15	
	Spinning (Annika/Thibaud)			Spin Mix (Annika/Wim)		Barbell Intervall 75 (Tarja)	
				20.30 - 21.30			
				Barbell (Matteo)			
<b>ONLINE</b> (via Zoom)	7.30 - 8.15						
	Yoga (Lisa)						
<b>WOLUWE PARK</b> B. 36 (CHIEN VERT)		19.00 - 20.30				10.00 - 10.45	
		Nordic Walking (Guy/Philippe)				Running Soft (Berit)	
<b>CINQUANTENAIRE</b> Meeting point Multifys: next to Military tracks  Meeting point running sessions: Merode Entrance	19.00 - 20.00			19.00 - 20.00		10.00 - 11.30	
	Multifys Outdoor (Tarja, until 28.09.2023)			Multifys Outdoor (Lies, until 28.09.2023)		Running Distance (Wim)	
	19.30 - 20.30		19.30 - 20.30				
	Running Intervals (George)		Running Cross (Fiona)				
<b>SONIAN FOREST</b> Adeps sport center) (4 bras Tervuren /						9.30 - 11.00	11.00 - 12.30
						Nordic Walking (Edite)	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)

\*\* European Council sessions exclusively accessible by badge holders of a European institution (who have a badge giving access to the Council premises)