



Autumn 2024

1 Sept 2024 to 31 Jan 2025

| | 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 * | 10.00 - 11.00 * |
| | | 12.30 -13.20 | 12.30 - 13.30 | 12.30 - 13.30 | 12.30 - 13.30 | Jympa (Mónica) | Family 2-6y (Priscille) |
| | | Jympa (Alice) | Stations (Lene) | Dance Explode (Magda and Mónica) | Jympa (Sophie) | Intensive (Francesca) | Stations 75 (Lies) |
| | 13.00 - 14.00 | | | | | 12.00 - 13.00 * | |
| | Jympa (Rosita/Mónica) | | | | | Coreflex (Lene/Senta) | |
| | 19.00 - 20.00 | 19.00 - 20.00 | | | | | |
| | Jympa (Nolwenn) | Multifys Soft (Annika) | | | | | |
| | 20.00 - 21.00 | | | | | | |
| | | Intensive (Tarja) | | | | | |
| VUB FROM: October 29 - December 19 M. 5 (PETILLON) T. 7, 25 (ARSENAL) | | 19.00 - 20.00 | 19.00 - 20.00 L6 | 19.00 - 20.00 L6 | | | |
| | | Jympa (Amelie) | Multifys (Fleur) | Jympa (Yvonne) | | | |
| MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER) | | | 20.00 - 21.00 | | | 11.30 - 12.30 | 10.00 - 11.00 |
| | | | Coreflex / Jympa (Senta) | | | Jympa (Daniela) | Jympa (Magda) |
| OPTIMA Sportshall B. 29, 56, 61, 64 (Dailly) | | | 18.30 - 19.30 | | | | |
| | | | Jympa (Lies) | | | | |
| SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES) | 19.00 - 20.00 | | 18.45 - 19.45 | | | | |
| | Coreflex Soft (Lene) | | Yoga (Olivier) | | | | |
| COUNCIL Sport Centre M. 1, 5, B. 36 (Schuman) B. 21, 27, 59 (Froissart) | | 17.30 - 18.30 | | | 12.15 - 13.00 | | |
| | | Jympa (Daniela/Senta) | | | Coreflex (Lene) | | |
| JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS) | 19.30 - 20.30 | | | 19.30 - 20.30 | | 10.00 - 11.15 | |
| | Spinning Mix (Annika) | | | Spinning (Thibaud/Wim) | | Barbell Intervall 75 (Tarja) | |
| | | | | 20.30 - 21.30 | | | |
| | | | | Barbell (Matteo) | | | |
| WOLUWE PARK B. 36 (CHIEN VERT) | | 19.00 - 20.30 | | | | | |
| | | Nordic Walking (Guy/Philippe) | | | | | |
| CINQUANTENAIRE (next to Military tracks) | 19.00 - 20.00 | | | 19.00 - 20.00 | | 10.00 - 11.30 | |
| | Multifys Outdoor (Tarja, until end-September) | | | Multifys Outdoor (Fleur, until end-September) | | Running Distance (Wim) | |
| CINQUANTENAIRE (near Merode entrance) | 19.30 - 20.30 | | 19.30 - 20.15 | 19.30 - 20.30 | | | |
| | Running Intervals (George) | | Running Soft (Fiona) | Running Cross (Berit) | | | |
| SONIAN FOREST Adeps Sport Center, or 4 Bras Tervuren (verify location on registration app) | | | | | | 9.30 - 11.00 | 11.00 - 12.30 |
| | | | | | | Nordic Walking (Edite/Lene) | 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)