



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) 13.15-14.00	From November Medium (Sophie)	Medium Pulse (Mira)	Stations 75 (Lies)
				Intensive (Anna)		12.00-13.00 *	13.30-14.30 *
						Dance Fusion (Monica)	Discovery
		19.00-20.00 NEW	19.00-20.00			19.00-20.00	16.00-17.00 NEW
		Modus (Senta)	Discovery 20.00-21.00 Intensive (Tarja)			Basic Pulse (Mónica)	Family Circuit 6-12y (Alice, Fleur, Lene)
VUB M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00-20.00 L6 Medium (Yvonne)	19.00-20.00 L6 From 29/09 Medium (Francesca)	19.00-20.00 L4 Medium (Lies)			
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00-21.00 Basic/Core/Medium Pulse (Daniela, Senta, Mira)			11.30-12.30 Medium (Magda)	10.00 – 11.00 Medium (Nolwenn)
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00-20.00 Coreflex (Mira)						
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)		12.30 - 13.15 Spinning Distance (Annika) September only		19.15 - 20.15 Spinning Interval (Annika) September 20.30-21.30 Barbell 60 (Tarja)		10.00-11.15 Barbell Interval 75 (Tarja)	
ASICS STORE Porte de Namur Metro B. 71, 80					12:30-13.15 Coreflex 45 (Lene)		
ONLINE (via Zoom)	8.00-9.00 Yoga (Lisa)		18.30 – 19.30 Medium (Fleur)				
WOLUWE PARK B. 36 (CHIEN VERT)	19:30-20:30 Running Quality (George)	19:00-20:30 Nordic Walking (Team)	19:30-20:15 From October Start to Run (Fiona)				
CINQUANTENAIRE (Meeting Merode entrance)	19.00-20.00 Utefys (Tarja) September only ** 19.30-20.15 From October Start to Run (Wim)		19:30-20:30 Running Quality (Lisa)	19:30-20:30 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 Nordic Walking (Team)	11.00-12.30 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)

** Utefys (Tarja) September only session will take place in the Public running track in Cinquantenaire park, Brussels opposite the Royal Military academy

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