

RUNNING SESSIONS

July 2021

MONDAYS	Woluwe	50naire
5 July	George, Running CROSS, 19:00-20:00	Philippe, Running Quality, 19:00-20:00
12 July	George, Running CROSS, 19:00-20:00	Philippe, Running Quality, 19:00-20:00
19 July	George, Running CROSS, 19:00-20:00	Philippe, Running Quality, 19:00-20:00
26 July	George, Running CROSS, 19:00-20:00	Philippe, Running Quality, 19:00-20:00

WEDNESDAYS	Woluwe	50naire
7 July	Berit, Start to Run, exceptionally 20:30-21:15	George, Running Quality, 19:00-20:00
14 July	Berit, Start to Run, 19:00-19:45	George, Running Quality, 19:00-20:00
21 July	Berit, Start to Run, 19:00-19:45	George, Running Quality, 19:00-20:00
28 July	Berit, Start to Run, 19:00-19:45	George, Running Quality, 19:00-20:00

SUNDAYS	Sonian forest
4 July	Philippe, Running Distance 11:00-12:30
11 July	Philippe, Running Distance 11:00-12:30
18 July	Philippe, Running Distance 11:00-12:30
25 July	Philippe, Running Distance 11:00-12:30

August 2021

MONDAYS	Woluwe	50naire
2 August	Philippe, Running Quality, 19:00-20:00	-----
9 August	Philippe, Running Quality, 19:00-20:00	-----
16 August	Berit, Start to Run, 19:00-19:45	-----
23 August	Berit, Start to Run, 19:00-19:45	-----
30 August	Berit, Start to Run, 19:00-19:45	-----

WEDNESDAYS	Wednesday, Woluwe	Wednesdays, 50naire
4 August	----	Philippe, Running Quality, 19:00-20:00
11 August	----	Philippe, Running Quality, 19:00-20:00
18 August	----	Philippe, Running Quality, 19:00-20:00
25 August	----	Philippe, Running Quality, 19:00-20:00

SUNDAYS	Sunday, Sonian forest
1 August	Philippe, Running Distance, 11:00-12:30
8 August	Philippe, Running Distance, 11:00-12:30
15 August	Philippe, Running Distance, 11:00-12:30
22 August	Philippe, Running Distance, 11:00-12:30
29 August	Philippe, Running Distance, 11:00-12:30

NORDIC WALKING SESSIONS

Every Tuesday 19:00-20:30, **Nordic Walking**, Woluwe park with Philippe and Guy

Every Saturday 9:30-11:00, **Nordic Walking**, Tervuren 4bras, Instructor Edite, Anne D., Agnes, Guy