



JULY

	MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)	PARC CINQUANTENAIRE (Meeting Merode entrance)	PARC JOSAPHAT (Plaine des azalées)	PARC WOLUWE B. 36 (CHIEN VERT)	SONIAN FOREST (4 bras Tervuren / Adeps sport center)
Saturday 02.07.2022				10:00-10:45 Start to Run <i>Berit</i>	
Sunday 03.07.2022	10:00-11:00 Jympa Medium <i>Nolwenn</i>				11:00-12:30 Running Distance <i>Philippe</i>
Monday 04.07.2022	08:00-08:45 Yoga <i>Lisa</i> — Zoom session (every Monday)				
		19:30-20:30 Running Quality <i>Philippe</i>			
Tuesday 05.07.22			19:00-20:00 Summer Mega Session <i>Francesca, Magda & Nolwenn</i>	19:30-20:30 Nordic Walking <i>Guy, Philippe</i>	
Wednesday 06.07.2022		19:30-20:30 Running Cross <i>Wim</i>		19:30-20:15 Start to Run <i>Fiona</i>	
Thursday 07.07.2022			19:00-20:00 Jympa Medium <i>Magda</i>		
Saturday 09.07.2022		11:00-12:00 Running Quality **Licencing session** <i>Fiona</i>			9:30-11:00 Nordic Walking <i>Team</i>
		16:00-17:30 Running Technique **Guest session** <i>Micke</i>			
Sunday 10.07.2022	10:00-11:00 Dance Explode <i>Magda</i>	11:00-12:00 Running Quality **Licencing session** <i>Wim</i>			11:00-12:30 Running Distance <i>Philippe</i>
Monday 11.07.2022	08:00-08:45 Yoga <i>Lisa</i> — Zoom session				
		19:30-20:30 Running Quality <i>Philippe</i>			
Tuesday 12.07.2022			19:00-20:00 Utefys <i>Lies</i>	19:30-20:30 Nordic Walking <i>Guy, Philippe</i>	



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Wednesday 13.07.2022		19:30-20:30 Running Cross Wim		19:30-20:15 Start to Run Fiona	
Thursday 14.07.2022			19:00-20:00 Jympa Intesive Tarja		
Saturday 16.07.2022					9:30-11:00 Nordic Walking Team
Sunday 17.07.2022	10:00-11:00 Jympa Medium Magda				11:00-12:30 Running Distance Philippe
Monday 18.07.2022	08:00-08:45 Yoga Lisa — Zoom session				
		19:30-20:30 Running Quality Philippe			
Tuesday 19.07.2022			19:00-20:00 Utefys Tarja	19:30-20:30 Nordic Walking Guy, Philippe	
Wednesday 20.07.2022		19:30-20:30 Running Cross Wim			
Thursday 21.07.2022			National holiday, no session		
Saturday 23.07.2022					9:30-11:00 Nordic Walking Team
Sunday 24.07.2022	No session				11:00-12:30 Running Distance Philippe
Monday 25.07.2022	08:00-08:45 Yoga Lisa — Zoom session				
		19:30-20:30 Running Quality Philippe			
Tuesday 26.07.2022			19:00-20:00 Jympa Medium Lies	19:30-20:30 Nordic Walking Guy, Philippe	
Wednesday 27.07.2022		19:30-20:30 Running Cross Wim		19:30-20:15 Start to Run Fiona	



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Thursday 28.07.2022			19:00-20:00 Yoga <i>Lisa</i>		
Saturday 30.07.2022				10:00-10:45 Start to Run <i>Fiona</i>	9:30-11:00 Nordic Walking <i>Team</i>
Sunday 31.07.2022	10:00-11:00 Family **Licencing session** <i>Priscille</i>				11:00-12:30 Running Distance <i>Philipe</i>



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Monday 01.08.2022	08:00-08:45 Yoga Lisa — Zoom session				
		19:30-20:30 Running Quality <i>George</i>			
Tuesday 02.08.2022			19:00-20:00 Yoga <i>Lisa</i>	19:30-20:30 Nordic Walking <i>Guy, Philipe</i>	
Wednesday 03.08.2022		19:30-20:30 Running Cross <i>Wim</i>		19:30-20:15 Start to Run <i>Fiona</i>	
Thursday 04.08.2022			19:00-20:00 Medium Pulse <i>Mira</i>		
Saturday 06.08.2022				10:00-10:45 Start to Run <i>Berit</i>	9:30-11:00 Nordic Walking <i>Team</i>
Sunday 07.08.2022	10:00-11:00 CoreFlex <i>Mira</i>				11:00-12:30 Running Distance <i>Philipe</i>
	08:00-08:45 Yoga Lisa — Zoom session				



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Monday 08.08.2022		19:30-20:30 Running Quality <i>Wim</i>			
Tuesday 09.08.2022			19:00-20:00 Running Cross <i>George & Wim</i>	19:30-20:30 Nordic Walking <i>Guy, Philippe</i>	
Wednesday 10.08.2022		19:30-20:30 Running Cross <i>George</i>		19:30-20:15 Start to Run <i>Fiona</i>	
Thursday 11.08.2022			19:00-20:00 Medium Pulse <i>Mira</i>		
Saturday 13.08.2022				10:00-10:45 Start to Run <i>Berit</i>	9:30-11:00 Nordic Walking <i>Team</i>
Sunday 14.08.2022	10:00-11:00 CoreFlex <i>Lene</i>				11:00-12:30 Running Distance <i>Philippe</i>
Monday 15.08.2022		19:30-20:30 Running Quality <i>George</i>			
Tuesday 16.08.2022			19:00-20:00 Jympa Medium <i>Nolwenn</i>	19:30-20:30 Nordic Walking <i>Guy, Philippe</i>	
Wednesday 17.08.2022		19:30-20:30 Running Cross <i>George</i>		19:30-20:15 Start to Run <i>Wim</i>	
Thursday 18.08.2022			19:00-20:00 Jympa Basic <i>Daniela</i>		
Saturday 20.08.2022				10:00-10:45 Start to Run <i>Berit</i>	9:30-11:00 Nordic Walking <i>Team</i>
Sunday 21.08.2022	10:00-11:00 Multifys <i>Annika</i>				11:00-12:30 Running Distance <i>Philippe</i>
Monday 22.08.2022	08:00-08:45 Yoga Lisa — Zoom session				
		19:30-20:30 Running Quality <i>Wim</i>			
Tuesday 23.08.2022			19:00-20:00 Jympa Medium	19:30-20:30	



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			<i>Lies</i>	Nordic Walking <i>Guy, Philippe</i>	
Wednesday 24.08.2022		19:30-20:30 Running Cross <i>George</i>		19:30-20:15 Start to Run <i>Wim</i>	
Thursday 25.08.2022			19:00-20:00 Jympa Basic <i>Daniela</i>		
Saturday 27.08.2022				10:00-10:45 Start to Run <i>Berit</i>	9:30-11:00 Nordic Walking <i>Team</i>
Sunday 28.08.2022					11:00-12:30 Running Distance <i>Philippe</i>
Monday 29.08.2022		19:30-20:30 Running Quality <i>George</i>			
Tuesday 30.08.2022			19:00-20:00 Jympa Medium <i>Francesca</i>	19:30-20:30 Nordic Walking <i>Guy, Philippe</i>	
Wednesday 31.08.2022		19:30-20:30 Running Cross <i>Wim</i>			