



May 2021 PARK SESSIONS & OUTDOOR

dated 1/5/2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CINQUANTENAIRE PARK several sessions in parallel on the sport field and under the arch	19.00-20.00	19:00-20.00		19:00-20.00			10:00-11.00
	Basic Pulse	Dance Explode		Medium			Family Circuit
	19.00-20.00	19:00-20.00		19:00-20.00			11:00-12.00
	Modus / Utefys	Medium / Coreflex		Core / Utefys / Dance Explode			Core / Utefys / Medium
	19:30-20.30						11:00-12.00
	Running Quality (George)						Utefys / Coreflex / Core / Medium
SONIAN FOREST						9.30-11.00	11.00-12.30
						Nordic Walking (NW team)	Running Distance (Philippe)
EUROPEAN PARLIAMENT						10:00-11.15	
						Running Cross (Berit)	
WOLUWE PARK		19:00-20.30	19.30-20.15	19:30-20:15			
		Nordic Walking (Guy/Philippe)	Start to Run (Berit)	Running Quality (Philippe) / Running Cross (George)			