

Indoor sessions in June in our various venues

Etterbeek (Sport Center de Maalbeek)

Monday

12:30 - 13:30 - **Basic Jympa with Daniela**
19:00 - 20:00 - **Dance Fusion with Monica**

Tuesday

12:30 - 13:30 - **Dance Explode with Viva**
19:00 - 19:45 - **Medium Jympa with Yvonne**
19:45 - 20:45 - **Intensive with Tarja**

Wednesday

12:30 - 13:30 - **Medium Jympa with Rosita**

Thursday

13:00 - 14:00 - **Intensive with Anna**

Friday

12:30 - 13:30 - **Coreflex with Lene**
19:00 - 20:00 - **Basic Pulse with Monica**

Saturday

10:00 - 11:00 - **Medium Jympa with Nolwenn**
11:00 - 12:00 - **Core with Lene**

Sunday

11:00 - 12:15 - **Station 75 with Lies**
17:00 - 18:00 - **Yoga with Marika**

Mounier (Sport Center Mounier)

Wednesday

20:00 - 21:00 - **Basic Jympa with Senta**

Saturday

11:30 - 12:30 - **Medium Pulse with Mira**

Sunday

10:00 - 11:00 - **Medium Jympa with Magda**

Jims Jourdan

Tuesday

12:30 - 13:15 - Spinning Distance with Annika

Thursday

19:15 - 20:15 - Spinning Interval with Annika

Saturday

10:00 - 11:15 - Barbell Interval 75 with Tarja

Hiel (Sport center Emmanuel Hiel)

Monday 14th June 2021

19:00-20:00 - Medium Jympa with Nolwenn

Monday 21th June 2021

19:00-20:00 - Miniband Nolwenn with Annika

Monday 28th June 2021

19:00-20:00 - Miniband Nolwenn with Annika

Schedule of our June sessions in Parc du Cinquanteinaire

Tuesday 1st June

7-8:00 PM - Dance Explode 55 with Magda

Wednesday 2nd June

7-8:00 PM - Utefys with Tarja

Thursday 3rd June

7-8:00 PM - Utefys with Tarja

Sunday 6th June

10-11:00 PM - Family Circuit with Fleur, Alice or Lene

11-12:00 PM - Utefys with Lies

Monday 7th June

7-8:00 PM - Utefys with Tarja / Dance Explode 55 with Magda

Wednesday 9th June

7-8:00 PM - Utefys with Tarja

Thursday 10th June

7-8:00 PM - Utefys with Lies

Sunday 13th June

10-11:00 PM - Family Circuit with Fleur, Alice or Lene

Monday 14th June

7-8:00 PM - Dance Explode 55 with Magda

Wednesday 16th June

7-8:00 PM - Utefys with Tarja

Thursday 17th June

7-8:00 PM - Utefys with Lies

Sunday 20th June

10-11:00 PM - Family Circuit with Fleur, Alice or Lene

Monday 21st June

7-8:00 PM - Dance Explode 55 with Magda / Utefys with Lies

Tuesday 22 June

7-8:00 PM - Medium with Nolwenn

Wednesday 23 June

7-8:00 PM - Utefys with Tarja

Thursday 24th June

7-8:00 PM - Utefys with Lies

Sunday 27th June

10-11:00 PM - Family Circuit with Fleur, Alice or Lene

Monday 28th June

7-8:00 PM - Utefys with Tarja / Dance Explode 55 with Magda

Tuesday 29th June

7-8:00 PM - Medium with Nolwenn

Wednesday 30th June

7-8:00 PM - Utefys with Tarja

Schedule of the outdoor Running and Nordic Walking sessions in June

Monday 19:30-20:30, **Running Quality**, Cinquantenaire park with George

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

Wednesday 19:30-20:15, **Start to Run**, Woluwe park with Berit

Thursday 19:30-20:15, **Running Cross / Running Quality** with George or Philippe

Saturday 9:30-11:00, **Nordic Walking**, Tervuren 4bras, max 20 participants, Instructor Edite, Anne D., Agnes, Guy

Saturday 10:00-11:15, **Running Cross**, Place Luxembourg with Berit

Sunday 11:00-12:30, **Running Distance**, Foret de Soignes with Philippe