



F&S Spring 2022 v2.70

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>ETTERBEEK</b> (sport center De Maalbeek)  M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)						10.00 - 11.00 * <b>NEW</b> Family 2-6y (Priscille)	
	13.00 - 14.00	12.30 - 13.30	12.30 - 13.30	12.30 - 13.15	12.30 - 13.15	11.00 - 12.00 *	11.30 - 12.45 *
	<b>Basic (Daniela)</b>	<b>Medium (Senta)</b>	<b>Stations (Lene)</b>	<b>Dance Explode (Magda)</b>	<b>Medium (Sophie)</b>	<b>Medium Pulse (Mira)</b>	<b>Stations 75 (Lies)</b>
				13.15-14.00		12.00 - 13.00 *	13.00 - 14.00 *
				<b>Core (Senta)</b>		<b>Dance Fusion (Monica)</b>	<b>Discovery</b>
	19.00 - 20.00	19.00 - 20.00			19.00 - 20.00		
	<b>Medium (Nolwenn)</b>	<b>Coreflex (Lene)</b>			<b>Basic Pulse (Monica)</b>		
		20.00 - 21.00					
		<b>Intensive (Tarja)</b>					
<b>VUB</b> M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00	19.00 - 20.00	19.00 - 20.00			
		<b>Basic (Amélie) from April</b>	<b>Medium (Francesca)</b>	<b>Medium (Lies)</b>			
<b>MOUNIER</b> (sport center)  M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00 - 21.00			11.30 - 12.30	10.00 - 11.00
			<b>Basic/CoreFlex/Medium Pulse (Daniela, Senta, Mira)</b>			<b>Core (Lene)</b>	<b>Medium (Magda)</b>
<b>SCHAARBEEK</b> (sport center E. Hiel)  T. 7 (HELIOTROPES)	19.00 - 20.00		19.00 - 20.00 <b>NEW</b> Yoga (Olivier) - coming soon				
	<b>Coreflex (Mira)</b>						
<b>JIMS JOURDAN</b> T. 34, 59, 60, 80 (ETANGS)			20.00 - 21.00 <b>NEW</b>	19.15 - 20.15 §		10.00 - 11.15	
			<b>Spinning Distance (Wim)</b>	<b>Spinning Interval (Thibaud) 1 week/2 20.30 - 21.30</b> Barbell 60 - (Tarja)		<b>Barbell Interval 75 (Tarja)</b>	
<b>ASICS STORE</b> Porte de Namur Metro B. 71, 80					12.30 - 13.15		
					<b>Coreflex 45 (Lene)</b>		
<b>ONLINE</b> (via Zoom)	8.00 - 9.00		18.30 - 19.30				
	<b>Yoga (Lisa)</b>		<b>Medium (Fleur)</b>				
<b>WOLUWE PARK</b> B. 36 (CHIEN VERT)		19:00 - 20:30	19.30 - 20.30			10.00 - 10.45	
		<b>Nordic Walking (Guy &amp; Philippe)</b>	<b>Running Quality (Philippe) 1 week/2 from 06/04</b>			<b>Start to Run (Fiona) 2x/month from 02/04</b>	
<b>CINQUANTENAIRE</b> (Meeting Merode entrance)	19.30 - 20.30		19.00 - 19.45	19.30 - 20.30			
	<b>Running Quality (George)</b>		<b>Start to Run 45 (Fiona) 19.30 - 20.30 ** §</b> Running Quality (Philippe)	<b>Running Cross (George, Wim)</b>			
<b>PLACE DU LUXEMBOURG</b> (Meeting in front of statue Europe)	19.30 - 20.15					10.00 - 10.45 ** §	
	<b>Start to Run (Wim)</b>					<b>Start to Run (Fiona) 2x/month</b>	
<b>SONIAN FOREST</b> (4 bras Tervuren / Adeps sport center)						9.30 - 11.00	11.00 - 12.30
						<b>Nordic Walking (Team)</b>	<b>Running Distance (Philippe)</b>

\* Free **babysitting** provided

Children aged 8-11 are allowed for free if they train together with a parent/adult (except Jims / Stations).

\*\* Until end of March - moving to Woluwe Parc from 1st of April.

§ As of Feb 2022 these sessions will take place every second week.

v 2.72 (24/01/2022)