



F&S Spring 2022 v2.73

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

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

** Starting in May 2022 - The location will be next to the Public running track in Cinquantenaire park (opposite the Royal Military Academy).

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