



F&S Spring 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ETTERBEEK (sport center De Maalbeek) M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)						10.00 - 11.00 *	10.00 - 11.00 *
						Multifys Soft (Annika)	Family 2-6y (Priscille)
		12.30 - 13.20	12.30 - 13.30	12.30 - 13.15	12.30 - 13.30	11.00 - 12.00 *	11.00 - 12.20 *
		Jympa (Alice)	Stations 55 (Lene)	Jympa (Sophie)	Coreflex (Senta)	Jympa (Mira)	Stations 75 (Lies)
	13.00 - 14.00			13.15 - 14.00		12.00 - 13.00 *	12.20 - 13.20 *
	Jympa Basic (Daniela) / Jympa (Rosita)			Dance Explode (Magda)		Dance Fusion (Monica)	Yoga (Marika/Olivier/ Valentine)
	19.00 - 20.00	19.00 - 20.00			19.00 - 20.00		
Jympa (Monica/Senta)	Coreflex (Lene) / Yoga (Valentine)			Jympa (Yvonne/Johanna) from 03/03			
	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 (Amelie)	Multifys (Fleur)	Intensive (Francesca)			
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00 - 21.00			11.30 - 12.30	10.00 - 11.00
			Jympa (Johanna/Lies)			Jympa Basic (Daniela) / Jympa (Nolwenn, as of May)	Jympa (Magda)
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00 - 20.00		19.00 - 20.00				
	Coreflex (Mira)		Yoga (Olivier)				
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)	19.30 - 20.30 NEW			19.15 - 20.15		10.00 - 11.15	
	Spinning (Annika/Thibaud)			Grand Prix Spin (Annika/Wim)		Barbell Intervall 75 (Tarja)	
				20.30 - 21.30			
				Barbell (Matteo)			
ONLINE (via Zoom)	7.30 - 8.15						
	Yoga (Lisa)						
WOLUWE PARK B. 36 (CHIEN VERT)		19.00 - 20.30				10.00 - 10.45	
		Nordic Walking (Guy/Philippe)				Running Soft (Berit)	
CINQUANTENAIRE Meeting point Multifys: next to Military tracks Meeting point running sessions: Merode entrance	19.00 - 20.00	19.30 - 20.15	19.30 - 20.30	19.00 - 20.00		10.00 - 11.30	
	Multifys Outdoor (Tarja, after Easter)	Running Soft (Fiona)	Running Intervals (Fiona)	Multifys Outdoor (Lies, after Easter)		Running Distance (Wim)	
	19.30 - 20.30			19.30 - 20.30			
	Running Intervals (Martin)			Running Cross (George)			
SONIAN FOREST Adeps sport center) (4 bras Tervuren /						9.30 - 11.00	11.00 - 12.30
						Nordic Walking (Edite)	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)