



Spring 2024

	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 *	
			12.30 - 13.20	12.30 - 13.30 NEW	12.30 - 13.30	12.30 - 13.30	Multifys Soft (Annika)	Family 2-6y (Priscille)
			Jympa (Alice)	Coreflex (Senta)	Dance Explode (Magda)	Jympa (Sophie)	Jympa (Monica/Mira)	Stations 75 (Lies)
		13.00 - 14.00 NEW					11.00 - 12.00 *	11.00 - 12.20 *
		Jympa (Monica/Rosita)					12.00 - 13.00 *	12.30 - 13.30 *
		19.00 - 20.00 NEW	19.00 - 20.00			19.00 - 20.00	Coreflex (Lene/Senta/Mira)	Yoga (Marika)
	Jympa (Amélie)	Coreflex (Lene)			Jympa (Pool)			
		20.00 - 21.00						
		Intensive (Tarja)						
VUB (hall L6) M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00 NEW	19.00 - 20.00	19.00 - 20.00				
		Jympa (Nolwenn)	Multifys (Fleur)	Intensive (Francesca)				
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00 - 21.00 NEW			11.30 - 12.30 NEW	10.00 - 11.00	
			Jympa (Yvonne)			Jympa (Daniela)	Jympa (Magda)	
OPTIMA Sportshall B. 29, 56, 61, 64 (Dailly)			18.30 - 19.30					
			Jympa (Lies)					
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00 - 20.00 NEW		18.45 - 19.45					
	Coreflex soft (Lene)		Yoga (Olivier)					
COUNCIL ** (Sport Centre) M. 1, 5, B. 36 (Schuman) B. 21, 27, 59 (Froissant)		17.30 - 18.30			12.30 - 13.30			
		Discovery (Pool)			Coreflex (Lene / Senta)			
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)	19.30 - 20.30			19.30 - 20.30		10.00 - 11.15		
	Spinning (Annika)			Spinning (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				17.00 - 18.00		
		Nordic Walking (Guy/Philippe)				Running Cross (Berit)		
CINQUANTENAIRE (next to Military tracks) (Meeting Merode entrance)	19.00 - 20.00			19.00 - 20.00		10.00 - 11.30		
	Multifys Outdoor (Tarja, after Easter)			Multifys Outdoor (Lies, after Easter)		Running Distance (Wim)		
	19.30 - 20.30	19.30 - 20.15	19.30 - 20.30					
	Running Intervals (George)	Running Soft (Fiona/Berit)	Running Intervals (Fiona)					
SONIAN FOREST Adeps sport center) (4 bras Tervuren /						9.30 - 11.00	11.00 - 12.30	
						Nordic Walking (Edite/Lene)	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)

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