



Spring 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ETTERBEEK (sport center De Maalbeek) M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)		12.30 - 13.20	12.30 - 13.30 NEW	12.30 - 13.30	12.30 - 13.30	10.00 - 11.00 * Multifys Soft (Annika)	10.00 - 11.00 * Family 2-6y (Priscille)
		Jympa (Alice)	Coreflex (Senta)	Dance Explode (Magda & Monica)	Jympa (Sophie)	11.00 - 12.00 * Jympa (Monica/Mira)	11.00 - 12.20 * Stations 75 (Lies)
	13.00 - 14.00 NEW					12.00 - 13.00 * Coreflex (Lene/Senta/Mira)	12.30 - 13.30 * Yoga (Marika)
	Jympa (Monica/Rosita)						
	19.00 - 20.00 NEW	19.00 - 20.00				19.00 - 20.00 Jympa (Pool) after Easter	
	Jympa Basic (Amélie)	Coreflex (Lene)					
		20.00 - 21.00 Intensive (Tarja)					
VUB (hall L6) M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00 NEW Jympa (Nolwenn)	19.00 - 20.00 Multifys (Fleur)	19.00 - 20.00 Intensive (Francesca)			
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)			20.00 - 21.00 NEW Jympa (Yvonne)			11.30 - 12.30 NEW Jympa Basic (Daniela)	10.00 - 11.00 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 Coreflex soft (Lene)		18.45 - 19.45 Yoga (Olivier)				
COUNCIL ** (Sport Centre) M. 1, 5, B. 36 (Schuman) B. 21, 27, 59 (Froissant)		17.30 - 18.30 Discovery (Pool)			12.15 - 13.00 Coreflex (Lene / Senta)		
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)	19.30 - 20.30 Spinning (Annika)			19.30 - 20.30 Spinning (Wim)		10.00 - 11.15 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 Nordic Walking (Guy/Philippe)		19.30 - 20.30 new day & time Running Cross (Berit)			
CINQUANTENAIRE (next to Military tracks) (Meeting Merode entrance)	19.00 - 20.00 Multifys Outdoor (Tarja, after Easter)			19.00 - 20.00 Multifys Outdoor (Lies, after Easter)		10.00 - 11.30 Running Distance (Wim)	
	19.30 - 20.30 Running Intervals (George)	19.30 - 20.15 Running Soft (Fiona/Berit)	19.30 - 20.30 Running Intervals (Fiona)				
SONIAN FOREST Adeps sport center) (4 bras Tervuren /						9.30 - 11.00 Nordic Walking (Edite/Lene)	11.00 - 12.30 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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