



Spring 2025

	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 - 13.30	12.30 - 13.30	11.00 - 12.00 *	11.00 - 12.20 *
		Jympa (Alice)	Stations (Lene)	Dance Explode (Magda / Mónica)	Jympa (Sophie)	Jympa (Daniela)	Stations 75 (Lies)
		13.00 - 14.00				12.00 - 13.00 *	12.30 - 13.30 *
		Jympa (Rosita)				Coreflex (Lene)	Yoga (Marika)
		19.00 - 20.00	19.00 - 20.00				
	Jympa (Nolwenn)	Jympa (Mónica)					
		20.00 - 21.00					
		Intensive (Tarja)					
VUB October, 29-December, M. 5 (PETILLON) T. 7, 25 (ARSENAL)		19.00 - 20.00	19.00 - 20.00 L6	19.00 - 20.00 L6			
		Jympa (Amelie)	Multifys (Fleur)	Intensive (Francesca)			
MOUNIER (sport center) M. 5 (KRAAINEM) B. 79 (MOUNIER)		20.00 - 21.00 NEW	20.00 - 21.00			11.30 - 12.30	10.00 - 11.00
		Spinning (Annika / Wim)	Coreflex mini bands (Senta)			Jympa (Johanna)	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		18.45 - 19.45				
	Coreflex (Lene)		Yoga (Olivier)				
COUNCIL Sport Centre M. 1, 5, B. 36 (Schuman) B. 21, 27, 59 (Froissant)		17.30 - 18.30			12.15 - 13.00		
		Jympa (Yvonne)			Coreflex (Senta) / Yoga (Olivier)		
JIMS JOURDAN T. 34, 59, 60, 80 (ETANGS)	19.30 - 20.30			19.30 - 20.30		10.00 - 11.15	
	Spinning (Annika / Thibaud)			Spinning (Wim)		Barbell Intervall 75 (Tarja)	
				20.30 - 21.30			
				Barbell (Matteo)			
ONLINE (via Zoom)	8.00 - 8.45 BACK						
	Yoga (Lisa)						
WOLUWE PARK B. 36 (CHIEN VERT)		19.00 - 20.30					
		Nordic Walking (Guy/Philippe)					
CINQUANTENAIRE (next to Military tracks) (Meeting Merode entrance)	19.00 - 20.00						
	Multifys Outdoor (Tarja, from Easter)						
	19.30 - 20.30	19.30 - 20.15	19.30 - 20.30				
	Running Intervals (George)	Running Soft (Berit)	Running Intervals (Fiona)				
PLACE DU Parc Léopold/ Parc Royal						10.00 - 11.00	
						Cross running (Wim)	
SONIAN FOREST Adeps sport center Bois de la Cambre						9.30 - 11.00	11.00 - 12.30
						Nordic Walking (Edite/Anne/Guy)	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)