



F&S Autumn 2018 schedule

(version updated on 25 September 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
ETTERBEEK (sport center Maalbeek) M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)						10.00-11.00		
						Family* Family team	10.45-12.00	
	13.00-14.00	13.00-13.45	12.30-13.30	12.30-13.30	12.30-13.30	11.00-12.00	Station Medium 75* Senta	
	Basic Pulse Valentine	Medium Magda	Medium Sophie	Basic Daniela	Core Senta	Core* Lene		
							12.00-13.00	12.00-13.00
		19.00-20.00	19.00-20.00				Dance Fuego Monica	Flex* Lidia
		Dance Fusion Viva	Medium Monica 🧘					16.00-17.00
		20.00-21.00					FamilyFys FamilyFys team	
		Intensive Tarja					17.00-18.00	
							Medium Nolwenn 🧘	
VUB campus (Building L) M. 5 (PETILLON) T. 7, 25 (ARSENAL)	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00				
	Medium Johanna	Basic Annika	Medium Nolwenn	Medium Vasileios				
WOLUWE-SAINT LAMBERT (Centre Sportif Mounier) M. 5 (KRAAINEM) B. 79 (Auditoires UCL)			20.00-21.00			11.30-12.30	10.00 – 11.00	
			Core Mira			Medium Lies	Medium Magda 🧘	
						12.30-13.30		
						Basic Birgitta 🧘		
NEW LOCATION JIMS BXL Jourdan Rue Gray 54, Etterbeek M. 1, 5 (SCHUMAN) B. 34 (ETANGS)				19.00-20.00 NEW		10.00-11.15 NEW	15.30 – 16.30 NEW	
				Spin Thibaud		Barbell Intervall Tarja	Barbell Soft Antonio	
ASICS STORE M. 2, 6 (PORTE DE NAMUR)					12.30-13.15			
					Flex Lene			
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00-20.30		19.00-20.00 NEW					
	Yoga Energy Mira		Yoga Lisa					
OUTDOOR (CHECK ONLINE CALENDAR FOR LOCATIONS)		19.00-20.15				9.30-11.00	10.30-12.00	
	19.30-20.15	Nordic Walking Philippe			19.30-20.30	Nordic Walking Edite/ Ana E. / Anne D	Running Distance Philippe	
	Start to run Antonio			Running Quality Anna				
						11.30-12.30		
					Running Quality Antonio			

* Free babysitting provided

🧘 - Children aged 8-11 are allowed for free if they train together with a parent/adult