



F&S Autumn 2019 schedule

(version updated on 20 August 2019)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ETTERBEEK (sport center Maalbeek) M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)			07.30 - 08.15 NEW			10.00-11.00	
			Medium Johanna			Core* Lene	11.00-12.00
			12.30-13.30	12.30-13.30	12.30-13.30		Family* Family Team
			Medium Sophie	Core Senta	Jympa Celebrate Alice	11.00-12.00	12.00-13.00
	13.00-14.00	13.00-13.45				Family Circuit* Family Circuit	Medium Pulse* Mira
	Basic Daniela	Medium 45' Magda				12.00-13.00	13.00-14.00
						Dance Fusion Mónica	Flex Catarina
	19.00-20.30	19.00-20.00					16.00-17.00
	Station 75 Senta	Yoga Lisa				18.00-19.00 (until 7.11.)	Basic Daniela/ Amélie
		20.00-21.00				Medium Mónica	20.00-21.00 NEW
		Intensive Tarja				Discovery slot	
VUB campus	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00			
	Medium Yvonne	Basic Amélie	Medium Fleur	Medium Johanna			
WOLUWE-SAINT LAMBERT (sport center La Woluwe) M. 5 (KRAAINEM) B. 79 (Auditoires UCL)			20.00-21.00			11.30-12.30	10.00 – 11.00
			Medium Lies			Jympa Celebrate Magda	Dance Fusion Viva
						12.30-13.30	
JIMS BXL Jourdan Rue Gray 54, Etterbeek Place Jourdan		12.30 - 13.15 NEW		19.15 - 20.15 NEW			
		Spinning Distance Annika		Spinning Distance Vasilios			
				20.30 - 21.30		10.00-11.15	
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00-20.30		19.00-20.00				
	Yoga Energy Mira		Flex Lene				
ASICS Porte de Namur					12.30-13.15		
					Flex Lene		
OUTDOOR (CHECK ONLINE CALENDAR FOR LOCATIONS)			19.00-20.15	19.30-20.30	12.30-13.30 NEW	9.30-11.00	11.00-12.30
			Nordic Walking Philippe	Running Quality George	Running Quality Antonio	Nordic Walking NW Team	Running Distance Philippe
	19.30-20.15		19:30-20.15			10.30-11.30	
	Start to Run Antonio		Start to run Berit			Running Quality (@Asics) Antonio	

* Free babysitting provided

Children from 8 - 11 years are allowed to join our sessions for free if they train together with a parent/adult (except for sessions at JIMS and Station class at Maalbeek).