




F&S Spring 2019 schedule

(version updated on 15 February 2018)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ETTERBEEK (sport center Maalbeek) M. 1, 5 (SCHUMAN) B. 36, 80 (GENERAL LEMAN)		12.30-13.15 Medium / Jympa Celebrate 45 Magda				10.00-11.00 Family* FamilyTeam	10.45-12.00 Station Medium 75* Annika / Senta
	13.00-14:00	13.15-14.00 Flex Lene	12.30-13.30	12.30-13.30	12.30-13.30	11.00-12.00 Core* Lene	12.00-13.00 Flex* Lidia
	Basic Daniela	Flex Lene	Medium Sophie	Basic Pulse Amelie	Station Medium 55 Senta	12.00-13.00 Dance Fuego Monica	NEW 13.00-14.00
							Medium Nolwenn
	19.00-20.00	19.00-20.00			NEW 18.00-19.00 (as of 22/3/19)		16.00-17.00
	Dance Fusion Viva	Medium Vasileios 🧡			Jympa Celebrate Monica 🧡		Family Circuit Family Circuit Team
		20.00-21.00 Intensive Taria			NEW 19.00-20.00 (as of 22/3/19)		17.00-18.00 Basic 🧡 Birgitta
					Discovery slot		
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 Fleur / Przemek	Basic Annika	Medium Lies	Medium Nolwenn			
WOLUWE-SAINT LAMBERT (Centre Sportif Mounier) M. 5 (KRAAINEM) B. 79 (Auditoires UCL)			20.00-21.00			11.30-12.30 Jympa Celebration Mira 🧡	10.00 – 11.00 Medium Magda 🧡
			Core Senta			12.30-14.00 Yoga Energy Mira	
ASICS STORE M. 2, 6 (PORTE DE NAMUR)					12.30-13.15 Flex Lene		
 JIMS BXL Jourdan Rue Gray 54, Etterbeek M. 1, 5 (SCHUMAN) B. 34 (ETANGS)				NEW 20.30-21.30		10.00-11.15 Barbell Intervalls Tarja	
				Barbell Antonio			
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00-20.00		19.00-20.00				
	Yoga Lisa		Flex Lidia				
OUTDOOR (CHECK ONLINE CALENDAR FOR LOCATIONS)			19.00-20.15			9.30-11.00 Nordic Walking NW Team	10.30-12.00 Running Distance Philippe
	19.30-20.15		Nordic Walking Philippe	19.30-20.30 Running Quality Philippe		10.30-11.30 Running Quality (ASICS) Antonio	
	Start to run Antonio						

* Free babysitting provided

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

Age range for **Family**: 3-6

Age range for **Family circuit**: 7-12