

July

Date	Type	Location	Intensity	Instructor
Saturday 01. Jul	NW/Running	4 bras	Nordic Walking	Ana
Sunday 02. Jul	Indoor	Woluwe	Medium	Catarina

Monday 03. Jul	Running	Park (arch)	Running	Antonio
Tuesday 04. Jul	Park	Park (field)	kick-off	
Wednesday 05. Jul	Running	Park (arch)	Running	Philippe
Thursday 06. Jul	Park	Park (field)	Medium	Nolwenn
Saturday 08. Jul	NW	4 bras	Nordic Walking	Ana
Sunday 09. Jul	Indoor	Woluwe	Core	Senta

Monday 10. Jul	Running	Park (arch)	Running	Anna
Tuesday 11. Jul	Park	Park (field)	Basic	Annika
Wednesday 12. Jul	Running	Park (arch)	Running	Antonio
Thursday 13. Jul	Park	Park (field)	Medium	Alice
Saturday 15. Jul	NW	4 bras	Nordic Walking	Ana
Sunday 16. Jul	Indoor	Woluwe	Intensive	Rosita

Monday 17. Jul	Running	Park (arch)	Running	Anna
Tuesday 18. Jul	Park	Park (field)	Intensive	Tarja
Wednesday 19. Jul	Running	Park (arch)	Running	Philippe
Thursday 20. Jul	Park	Park (field)	Basic	Lene
Saturday 22. Jul	NW	4 bras	Nordic Walking	Lene
Sunday 23. Jul	Indoor	Woluwe	Flex (test session)	Lidia

Monday 24. Jul	Running	Park (arch)	Running	Anna
Tuesday 25. Jul	Park	Park (field)	Medium	Fleur
Wednesday 26. Jul	Running	Park (arch)	Running	Philippe
Thursday 27. Jul	Park	Park (field)	Medium	Valentine
Saturday 29. Jul	NW	4 bras	Nordic Walking	Anne D.
Sunday 30. Jul	Indoor	Woluwe	Medium	Amelie

Monday 31. Jul	Running	Park (arch)	Running	
Tuesday 01. Aug	Park	Park (field)	Medium	Fleur
Wednesday 02. Aug	Running	Park (arch)	Running	
Thursday 03. Aug	Park	Park (field)	Medium	Valentine
Saturday 05. Aug	NW	4 bras	Nordic Walking	Anne D.
Sunday 06. Aug	Indoor	Woluwe	Medium Pulse	Viva

August

Monday 07. Aug	Running	Park (arch)	Running	
Tuesday 08. Aug	Park	Park (field)	Core	Mira
Wednesday 09. Aug	Running	Park (arch)	Running	
Thursday 10. Aug	Park	Park (field)	Yoga	Mira
Saturday 12. Aug	NW	4 bras	Nordic Walking	Anne D.
Sunday 13. Aug	Indoor	Woluwe	Core	Senta

Monday 14. Aug	Running	Park (arch)	Running	
Tuesday 15. Aug	Park	Park (field)	Holiday	
Wednesday 16. Aug	Running	Park (arch)	Running	
Thursday 17. Aug	Park	Park (field)	Medium	Lisa
Saturday 19. Aug	NW	4 bras	Nordic Walking	Beau
Sunday 20. Aug	Indoor	Woluwe	Basic	Lene

Monday 21. Aug	Running	Park (arch)	Running	
Tuesday 22. Aug	Park	Park (field)	Medium	Alice
Wednesday 23. Aug	Running	Park (arch)	Running	
Thursday 24. Aug	Park	Park (field)	Medium	Lisa
Saturday 26. Aug	NW	4 bras	Nordic Walking	Beau
Sunday 27. Aug	Indoor	Woluwe	Medium (licensing)	Lies
Sunday 27. Aug	Indoor	Woluwe	Flex (licensing)	Lidia

Monday 28. Aug	Running	Park (arch)	Running	
Tuesday 29. Aug	Park	Park (field)	Basic	Annika
Wednesday 30. Aug	Running	Park (arch)	Running	
Thursday 31. Aug	Park	Park (field)	Medium	Sophie