

F&S Spring 2020 schedule

(version updated on 21 January 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			10.00-11.00	
			Medium Johanna			Dance Fusion* Monica	10.30-11:30
			12.30-13.30	12.30-13.30	12.30-13.30		Family* Family team
			Stations 55' Sophie	Core Senta	Medium Alice	11.00-12.00	11.30-12.45
	13.00-14.00	13.00-13:45				Medium Pulse* Mira	Stations 75' * Lies
	Basic Birgitta	Dance Explode (45') Magda				12.00-13.00	12:45-13:45
						Core Lene	CoreFlex Lene/ Catarina
	19.00-20.00	19.00-20.00					
	Dance Fusion Monica	CoreFlex Catarina					
		20.00-21.00				18.00-19.00 <i>(as of 20/03)</i>	16.00-17:00
					Medium Monica	Discovery Slot	
						17.00-18.00	
							Basic Daniela
	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00			
VUB campus	Medium Fleur	Dance Explode Amélie	Medium Nolwenn	Medium Johanna			
WOLUWE-SAINT LAMBERT (sport center La Woluwe) M. 5 (KRAAINEM) B. 79 (Auditoires UCL)			20.00-21.30			11.30-12.30	10.00 – 11.00
			Yoga Energy Mira			Medium Magda	Dance Explode Viva
JIMS BXL Jourdan Rue Gray 54, Etterbeek Place Jourdan		12.30 - 13.15	NEW 20.30-21.30	19.15 - 20.15		10.00-11.15	NEW 15.30 - 16.30
		Spinning Distance Annika	Barbell Antonio	Spinning Distance Vasileios/ Thibaud		Barbell Intervall Tarja	Spinning Intervalls Annika
SCHAARBEEK (sport center E. Hiel) T. 7 (HELIOTROPES)	19.00-20.00						
	CoreFlex Lene						
ASICS Porte de Namur					12.30-13.15		
					CoreFlex Lene		
OUTDOOR (CHECK ONLINE CALENDAR FOR LOCATIONS)			19.00-20.15			9.30-11.00	11.00-12.30
			Nordic Walking NW Team			Nordic Walking NW Team	Running Distance Philippe
	19.30-20.30	NEW 19.30-20.15	19.30-20.30	19.30-20.15		10.30-11.30	
	Running Quality George	Start to run Antonio	Running Quality George	Start to run Berit		Running Quality 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 Family, Family Circuit and Station class at Maalbeek). However we recommend that these children also get their own membership cards to be covered by insurance.