



STANDARD PROGRAM 2020

UPDATE DECEMBRE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09H30-10H30 PILATES SCULPT PAULA	10H00-11H00 FITBALL BEN	10H00-11H00 YOGA Body&Mind SYLVIE	10H00-11H00 PILATES MAT IGOR	10H00-11H00 CORE BALANCE SYLVIE		
10H30-11H30 AQUAGYM PAULA	10H30-12H00 NORDIC WALKING OUTSIDE DOLCE * CHRISTIAN	10H00-11H30 NORDIC WALKING OUTSIDE DOLCE * CHRISTIAN	11H00-12H00 AQUABURN BEN	10H30-12H00 NORDIC WALKING DOLCE CHRISTIAN		10H30-11H30 NORDIC WALKING DOLCE CHRISTIAN
	11H00-12H00 AQUABURN BEN	11H00-12H00 AQUAGYM SYLVIE				
	14H30-15H30 ** NEI GONG THIERRY					
	15H30-16H30 ** TAIJI QUAN - HME THIERRY					
18H00-19H30 BOXING TRAINING MIXTE JOE	18H00-19H00 ** YOGA VINYASA SYLVIE	17H00-18H00 MIXED MARTIAL BEN	18H00-19H00 ** KUNDALINI YOGA SYLVIE		16H30-17H30 ** YOGA FLOW SYLVIE	
	19H00-20H00 AQUAGYM SYLVIE	18H00-19H00 AEROBOXING BEN	19H00-20H30 ** TAI CHI THIERRY			

	Wellness
	Muscular
	Cardio soft
	Cardio
	Functional & Suspension Training
	Aqua
	Functional Aqua



New classes or coach

* Program and locations sent by e mail

* Outdoor depending on the weather and / or the season (to the instructor's appreciation)

** Outdoor (The instructor may propose an indoor solution in case of extreme bad weather conditions / to the instructor's appreciation only)

Women only sessions



Instructors are likely to be replaced and classes canceled; pay attention to the cancellation dates annouced by e mail

AQUA classes are 1 hour session, class preparation and warming up included. The class lasts 45 minutes.

NO CLASSES ON BANK HOLIDAYS

forestGym
@Dolce

www.forestgym.be
+32 2 290 9901
contact@forestgym.be