



STANDARD PROGRAM 2019
UPDATE NOVEMBRE 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 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 announced 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**



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