

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
19:00 - 19:30 ABDO WOD (BE) Jims Sint-Truiden	10:00 - 11:00 Yoga Group Classes Studio Jims Sint-Truiden	19:30 - 20:30 Step Group Classes Studio Jims Sint-Truiden	19:00 - 20:00 Les Mills Bodypump ™ Group Classes Studio Jims Sint-Truiden	19:00 - 20:00 Yoga Group Classes Studio Jims Sint-Truiden	09:30 - 10:30 Pilates Group Classes Studio Jims Sint-Truiden	10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Sint-Truiden
19:30 - 20:30 BBB Group Classes Studio Jims Sint-Truiden	18:30 - 19:30 Healthy Back (SGT) Fintess Floor Jims Sint-Truiden	20:30 - 21:30 Pilates Group Classes Studio Jims Sint-Truiden	20:00 - 21:00 Indoor Cycling Group Classes Studio Jims Sint-Truiden		11:00 - 12:30 SOUND BATH (BE) Group Classes Studio Bianca Krings	11:00 - 12:00 Zumba® Group Classes Studio Jims Sint-Truiden
20:30 - 21:30 Zumba® Group Classes Studio Jims Sint-Truiden	18:30 - 19:30 Les Mills Bodypump ™ Group Classes Studio Jims Sint-Truiden					
	19:30 - 20:30 Indoor Cycling Group Classes Studio Jims Sint-Truiden					
	20:30 - 21:30 Indoor Cycling Group Classes Studio Jims Sint-Truiden					

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19:00 - 19:30 ABDO WOD (BE) Jims Sint-Truiden	10:00 - 11:00 Yoga Group Classes Studio Jims Sint-Truiden	18:30 - 19:30 Conditioning (SGT) Group Classes Studio Kelvin Vanbrabant	18:00 - 19:00 Strength For Women (SGT) Fintess Floor Jims Sint-Truiden	19:00 - 20:00 Yoga Group Classes Studio Jims Sint-Truiden	09:30 - 10:30 Pilates Group Classes Studio Jims Sint-Truiden	10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Sint-Truiden
19:00 - 20:00 Start To Workout (SGT) Fintess Floor Jims Sint-Truiden	18:30 - 19:30 Healthy Back (SGT) Fintess Floor Jims Sint-Truiden	19:30 - 20:30 Step Group Classes Studio Jims Sint-Truiden	19:00 - 20:00 Les Mills Bodypump ™ Group Classes Studio Jims Sint-Truiden			11:00 - 12:00 Zumba® Group Classes Studio Jims Sint-Truiden
19:30 - 20:30 BBB Group Classes Studio Jims Sint-Truiden	18:30 - 19:30 Les Mills Bodypump ™ Group Classes Studio Jims Sint-Truiden	20:30 - 21:30 Pilates Group Classes Studio Jims Sint-Truiden	20:00 - 21:00 Indoor Cycling Group Classes Studio Jims Sint-Truiden			
20:30 - 21:30 Zumba® Group Classes Studio Jims Sint-Truiden	19:30 - 20:30 Indoor Cycling Group Classes Studio Jims Sint-Truiden					
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