

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:00 - 19:00 Zumba® Group Classes Studio Jims Heist-op-den-berg	09:00 - 10:00 Pilates Group Classes Studio Jims Heist-op-den-berg	09:30 - 10:30 Step Group Classes Studio Jims Heist-op-den-berg	09:30 - 10:30 Les Mills Bodypump™ Group Classes Studio Jims Heist-op-den-berg	17:30 - 18:30 Power Group Classes Studio Kelly De ruyter	09:15 - 10:15 Yoga Group Classes Studio Gwendolijn Haandrikman	10:00 - 11:00 Power Group Classes Studio Jims Heist-op-den-berg
19:00 - 20:00 Total Body Conditioning Group Classes Studio Jims Heist-op-den-berg	17:30 - 18:15 Go Functional (SGT) Fintess Floor Jonas Angelov	10:30 - 11:30 BBB Group Classes Studio Jims Heist-op-den-berg	18:00 - 19:00 Strength For Women (SGT) Fintess Floor Sem Hullak		10:15 - 11:15 Yoga Group Classes Studio Gwendolijn Haandrikman	
	18:15 - 19:15 Zumba® Group Classes Studio Jims Heist-op-den-berg	18:00 - 19:00 Start To Workout (SGT) Fintess Floor Sem Hullak	19:00 - 20:00 Step Group Classes Studio Kelly De ruyter		11:15 - 12:15 Start To Workout (SGT) Fintess Floor Sem Hullak	
	19:30 - 20:30 Boxing Group Classes Studio Jims Heist-op-den-berg	19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Kevin Peeters				

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18:00 - 19:00 Start To Workout (SGT) Balie Jims Heist-op-den-berg	09:00 - 10:00 Pilates Group Classes Studio Jims Heist-op-den-berg	09:30 - 10:30 Step Group Classes Studio Jims Heist-op-den-berg	09:30 - 10:30 Les Mills Bodypump ™ Group Classes Studio Jims Heist-op-den-berg		14:00 - 15:00 Start To Workout (SGT) Fintess Floor Sem Hullak	10:00 - 11:00 Les Mills Bodypump ™ Group Classes Studio Jims Heist-op-den-berg
18:00 - 19:00 Zumba® Group Classes Studio Jims Heist-op-den-berg	17:30 - 18:15 Go Functional (SGT) Fintess Floor Jonas Angelov	10:30 - 11:30 BBB Group Classes Studio Jims Heist-op-den-berg	18:00 - 19:00 Strength For Women (SGT) Fintess Floor Sem Hullak			
19:00 - 20:00 Total Body Conditioning Group Classes Studio Jims Heist-op-den-berg	18:15 - 19:15 Zumba® Group Classes Studio Jims Heist-op-den-berg	18:00 - 19:00 Start To Workout (SGT) Sem Hullak	19:00 - 20:00 Step Group Classes Studio Kelly De ruyter			
	19:30 - 20:30 Boxing Group Classes Studio Jims Heist-op-den-berg	19:00 - 20:00 Les Mills Bodypump ™ Group Classes Studio Kevin Peeters				