

MA, 28 APR	DI, 29 APR	WO, 30 APR	DO, 01 MEI	VR, 02 MEI	ZA, 03 MEI	ZO, 04 MEI
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19:00 - 20:00

Indoor Cycling

Group Classes Studio | Jims Lokeren

19:00 - 20:00

Indoor Cycling

Group Classes Studio | Jims Lokeren

19:00 - 20:00

BBB

Group Classes Studio | Jims Lokeren

10:00 - 11:00

Forever Fit (SGT)

Fitness Floor | Jims Lokeren

10:00 - 11:00

Indoor Cycling

Group Classes Studio | Jims Lokeren

20:00 - 21:00

Boxing

Group Classes Studio | Jims Lokeren

20:00 - 21:00

Zumba®

Group Classes Studio | Jims Lokeren

MA, 05 MEI	DI, 06 MEI	WO, 07 MEI	DO, 08 MEI	VR, 09 MEI	ZA, 10 MEI	ZO, 11 MEI
15:00 - 16:00 Start To Workout (SGT) Fitness Floor Seppe Cappaert	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Jims Lokeren	13:00 - 14:00 Women's Strength Training (SGT) Fitness Floor Amy Van Rijckeghem	13:00 - 14:00 Men's Strength Training (SGT) Fitness Floor Seppe Cappaert	10:00 - 11:00 Go Functional (SGT) Fitness Floor Jens De Winne		10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Lokeren
18:30 - 19:00 Mobility (SGT) Group Classes Studio Amy Van Rijckeghem	19:30 - 20:00 Core Group Classes Studio Jims Lokeren	19:00 - 20:00 Indoor Cycling Group Classes Studio Jims Lokeren	19:00 - 20:00 BBB Group Classes Studio Jims Lokeren			
		20:00 - 21:00 Boxing Group Classes Studio Jims Lokeren	20:00 - 21:00 Zumba® Group Classes Studio Jims Lokeren			