

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:30 - 11:30 Perte De Poids (SGT) Group Classes Studio Kim De Brabanter	18:30 - 19:30 Strength For Men (SGT) Fitness Floor Agim Begiri	10:00 - 11:00 Go Functional (SGT) Kyra Van Hove	10:00 - 11:00 PARTYROBICS® CARDIO DANCE (BE) Group Classes Studio	17:30 - 18:30 Strength For Women (SGT) Group Classes Studio Kim De Brabanter	10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Temse	09:30 - 10:30 Yoga
18:30 - 19:30 Pilates Group Classes Studio Jims Temse	19:30 - 20:30 Step Group Classes Studio	18:00 - 19:00 Conditionnement (SGT) Group Classes Studio Kim De Brabanter	18:30 - 19:30 Start To Workout (SGT) Fitness Floor Kyra Van Hove			
19:30 - 20:30 BBB Group Classes Studio Jims Temse	20:30 - 21:30 POP Pilates® Group Classes Studio	20:00 - 21:00 Indoor Cycling Group Classes Studio	19:00 - 20:00 Les Mills Bodypump™			
20:30 - 21:30 Indoor Cycling Group Classes Studio Jims Temse			20:00 - 20:30 Core Group Classes Studio			

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