



Lessenrooster Jims Meise

■ Cube ■ Small Group Training

MA, 28 APR	DI, 29 APR	WO, 30 APR	DO, 01 MEI	VR, 02 MEI	ZA, 03 MEI	ZO, 04 MEI
19:00 - 20:00 Conditioning (SGT) Kyllian Richard	19:30 - 20:30 BBB	18:30 - 19:00 Core	18:30 - 19:30 STRONG Nation®		10:00 - 11:00 Total Body Conditioning	10:00 - 11:00 BBB
20:00 - 21:00 Yoga	20:30 - 21:30 Zumba®	19:00 - 20:00 Les Mills Bodyattack™	19:30 - 20:30 Pilates			
			20:30 - 21:30 Indoor Cycling			



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■ Cube ■ Small Group Training

MA, 05 MEI	DI, 06 MEI	WO, 07 MEI	DO, 08 MEI	VR, 09 MEI	ZA, 10 MEI	ZO, 11 MEI
19:00 - 20:00 Conditioning (SGT) Kyllian Richard	19:30 - 20:30 BBB	18:30 - 19:00 Core	18:30 - 19:30 STRONG Nation®		10:00 - 11:00 Total Body Conditioning	10:00 - 11:00 BBB
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