



Lessenrooster Jims Zonhoven

■ 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
18:00 - 19:00 Conditioning (SGT) Femke Celen	18:00 - 19:00 Pilates Functional Zone					10:00 - 11:00 Boxing Functional Zone
19:00 - 20:00 Les Mills Bodypump ™ Functional Zone	19:00 - 20:00 Les Mills Bodypump ™ Functional Zone					
20:00 - 21:00 Total Body Conditioning Functional Zone	20:00 - 21:00 Indoor Cycling					

MA, 05 MEI		DI, 06 MEI		WO, 07 MEI		DO, 08 MEI		VR, 09 MEI		ZA, 10 MEI		ZO, 11 MEI	
18:00 - 19:00 Conditioning (SGT) Femke Celen		18:00 - 19:00 Pilates Functional Zone				17:00 - 18:00 Conditioning (SGT) Femke Celen						10:00 - 11:00 Boxing Functional Zone	
19:00 - 20:00 Les Mills Bodypump™ Functional Zone		19:00 - 20:00 Les Mills Bodypump™ Functional Zone				18:30 - 19:30 Pilates Functional Zone							
20:00 - 21:00 Total Body Conditioning Functional Zone		20:00 - 21:00 Indoor Cycling				19:30 - 20:30 Indoor Cycling							