Horaire de cours Jims Maaseik

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:30 - 18:30 **Pilates** Group Classes Studio	09:30 - 10:30 **Indoor Cycling** Group Classes Studio	08:30 - 09:00 **Forever Fit (SGT)** JIMS Maaseik	09:30 - 10:30 **Get stronger** Group Classes Studio		09:30 - 10:30 **Bootcamp** Group Classes Studio	10:00 - 11:00 **GO HYBRID SGT(BE)** Group Classes Studio | Ivana Wiertz
19:00 - 20:00 **Power** Group Classes Studio	18:30 - 19:00 **Start To Workout (SGT)** Group Classes Studio	18:30 - 19:00 **Step** Functional Zone	10:30 - 11:30 **Pilates** Group Classes Studio			
20:00 - 21:00 **Indoor Cycling** Group Classes Studio	19:00 - 20:00 **Zumba®** Group Classes Studio | JIMS Maaseik	19:00 - 20:00 **Power** Group Classes Studio				
		20:00 - 21:00 **Indoor Cycling** Group Classes Studio				

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