

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:30 - 09:00 Core Functional Zone Jims Maaseik	09:30 - 10:30 Indoor Cycling Group Classes Studio Jims Maaseik	18:30 - 19:00 Step Functional Zone Jims Maaseik	09:30 - 10:30 Get stronger Group Classes Studio Jims Maaseik		09:30 - 10:30 Bootcamp Group Classes Studio Jims Maaseik	
17:30 - 18:30 Pilates Group Classes Studio Jims Maaseik	18:30 - 19:00 Start To Workout (SGT) Group Classes Studio Jims Maaseik	19:00 - 20:00 Power Group Classes Studio Jims Maaseik	10:30 - 11:30 Pilates Group Classes Studio Jims Maaseik			
19:00 - 20:00 Power Group Classes Studio Jims Maaseik	19:00 - 20:00 Zumba® Group Classes Studio	20:00 - 21:00 Indoor Cycling Group Classes Studio Jims Maaseik				
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