

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<p>19:00 - 20:00 Pilates Group Classes Studio Jims Lokeren</p>	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Ivan Risaldi</p>	<p>18:00 - 19:00 Strength Training (SGT) Fitness Floor Seppe Cappaert</p>	<p>17:00 - 18:00 Go Functional (SGT) Functional Zone Jims Lokeren</p>		<p>10:00 - 11:00 BBB Group Classes Studio Jims Lokeren</p>	<p>10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Lokeren</p>
<p>19:00 - 20:00 Start To Workout (SGT) Fitness Floor Jims Lokeren</p>	<p>18:30 - 19:30 Strength For Women (SGT) Fitness Floor Amy Van Rijckeghem</p>	<p>19:30 - 20:30 Indoor Cycling Group Classes Studio Jims Lokeren</p>	<p>18:00 - 19:00 Boxing Fitness Floor Tiji Meuleman</p>			<p>11:00 - 12:00 Yoga Group Classes Studio Jims Lokeren</p>
	<p>19:30 - 20:00 Core Group Classes Studio Ivan Risaldi</p>					

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