

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

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