

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
19:00 - 20:00 STRONG Nation® Group Classes Studio Jims Ekeren	19:00 - 19:30 ABDO WOD (BE) Group Classes Studio Jims Ekeren	18:00 - 19:00 STRONG Nation® Group Classes Studio Jims Ekeren	18:30 - 19:30 Indoor Cycling Group Classes Studio Sophie Vermeulen		09:30 - 10:30 STRONG Nation® Group Classes Studio Jims Ekeren	11:30 - 12:30 Indoor Cycling Group Classes Studio Sophie Vermeulen
	19:30 - 20:30 Les Mills Bodypump™ Group Classes Studio Jims Ekeren	20:00 - 21:00 Indoor Cycling Group Classes Studio Sophie Vermeulen	19:30 - 20:00 ABDO WOD (BE) Group Classes Studio Jims Ekeren		10:30 - 11:00 CIRCL MOBILITY™ (BE) Group Classes Studio Jims Ekeren	
			20:00 - 21:00 Les Mills Bodypump™ Group Classes Studio Jims Ekeren			