Horaire de cours Jims Gent Hoogpoort

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Start To Workout (SGT)** Functional Zone	18:00 - 19:00 **Strength Training (SGT)** Functional Zone	19:00 - 20:00 **Start To Workout (SGT)** Functional Zone	18:00 - 19:00 **Strength For Women (SGT)** Functional Zone			
19:00 - 20:00 **Go Functional (SGT)** Functional Zone	19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone	20:00 - 21:00 **Strength Training (SGT)** Functional Zone	19:00 - 19:45 **Move For Health (SGT)** Functional Zone			
20:00 - 21:00 **Strength Training (SGT)** Functional Zone						

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