Lessenrooster Jims Kuurne

Cube | Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 10:45 **Move For Health (SGT)** Fitness Floor | Maxim Delrue	19:00 - 20:00 **BBB** Group Classes Studio | Eva Simons	10:00 - 11:00 **Weight Health (SGT)** Fitness Floor | Merlijn Vanden Bogaerde	18:00 - 18:45 **Start To Workout (SGT)** Fitness Floor | Maxim Delrue	18:00 - 18:45 **Healthy Back (SGT)** Fitness Floor | Maxim Delrue	09:30 - 10:30 **Yoga** Body & Mind Cube | Lisa Tijtgat	10:00 - 11:00 **Pilates** Body & Mind Cube | Sam Dewilde
18:00 - 19:00 **Conditioning (SGT)** Boxing Cube | Ilyes Sliti	19:00 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Merlijn Vanden Bogaerde	18:00 - 18:30 **Go Functional (SGT)** Functional Zone | Ilyes Sliti	18:30 - 19:30 **Muay Thai** Boxing Cube | Krien Delporte		10:00 - 11:00 **Indoor Cycling** Group Classes Studio | Ruth Bourgeois	11:00 - 12:00 **Total Body Conditioning** Boxing Cube | Yorick Vermeulen
19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Lander Vanden Broucke	19:00 - 20:00 **Total Body Conditioning** Boxing Cube | Yorick Vermeulen	18:00 - 19:00 **Pilates** Body & Mind Cube | Marlies Vanhauwaert	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Lander Vanden Broucke		10:00 - 11:00 **Total Body Conditioning** Boxing Cube | Yorick Vermeulen	
19:00 - 20:00 **Muay Thai** Boxing Cube | Krien Delporte	20:00 - 21:00 **Boxing** Boxing Cube | Thibo Hellebuyck	18:30 - 19:30 **GO HYBRID SGT(BE)** Functional Zone | Ilyes Sliti	19:00 - 20:00 **Moving Mom (SGT)** Functional Zone | Merlijn Vanden Bogaerde		11:00 - 12:00 **Get stronger** Functional Zone | Dolindsya Filez	
20:00 - 21:00 **Total Body Conditioning** Boxing Cube | Yorick Vermeulen	20:00 - 20:45 **Strength For Women (SGT)** Fitness Floor | Maxim Delrue	19:00 - 20:00 **Pilates** Body & Mind Cube | Marlies Vanhauwaert	19:00 - 20:00 **Pilates** Body & Mind Cube | Ruth Bourgeois		11:00 - 12:00 **Muay Thai** Boxing Cube | Krien Delporte	
		19:00 - 20:00 **Power** Group Classes Studio | Ruth Bourgeois	20:00 - 21:00 **Boxing** Boxing Cube | Thibo Hellebuyck		11:00 - 12:00 **Power** Group Classes Studio | Ruth Bourgeois	
		19:30 - 20:30 **Kickboxing** Boxing Cube | Frederick Derijcke	20:00 - 21:00 **Dance** Body & Mind Cube | Eyfke Rouyre			
		20:00 - 21:00 **BBB** Group Classes Studio | Ruth Bourgeois				

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