Lessenrooster Jims Brugge Scheepsdale

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:30 - 10:30 **Yoga** Group Classes Studio | Joke Verkeyn	08:30 - 09:30 **Les Mills Core ™** Group Classes Studio | monika Slomska	08:00 - 09:00 **Core** Group Classes Studio | Maaike Dumazy	09:30 - 10:30 **BBB** Group Classes Studio | Faye Porteman	08:30 - 09:30 **Les Mills Bodypump ™** Group Classes Studio | monika Slomska	09:00 - 10:00 **Step** Group Classes Studio	09:30 - 10:30 **Les Mills Bodypump ™** Group Classes Studio | monika Slomska
12:30 - 13:30 **Moving Mom (SGT)** Functional Zone | Nina D'Helft	09:30 - 10:30 **BBB** Group Classes Studio | Faye Porteman	09:15 - 10:15 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Luc Coopman	10:30 - 11:30 **Yoga** Group Classes Studio | Joke Verkeyn	09:30 - 10:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Peter Wille	10:00 - 11:00 **Strength Training (SGT)** Fitness Floor | Quinten Borrizee	10:30 - 11:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Alain Declerck
18:15 - 19:15 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Luc Coopman	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | monika Slomska	10:00 - 11:00 **Zumba®** Group Classes Studio | Faye Porteman	17:30 - 18:30 **POP Pilates®** Group Classes Studio | Cromwell Cuvalay	09:30 - 10:30 **Les Mills Core ™** Group Classes Studio | monika Slomska	10:30 - 11:30 **Indoor Cycling** Cycling Cube | Kristel Mestdagh	11:00 - 12:00 **AFRODANCE (BE)** Group Classes Studio | Mike Ngoyi ilunga
18:30 - 19:30 **The circle** Group Classes Studio | Tommy Baes	19:30 - 20:30 **Healthy Back (SGT)** Fitness Floor | Quinten Borrizee	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | monika Slomska	18:00 - 19:00 **Moving Mom (SGT)** Functional Zone | Nina D'Helft	18:00 - 19:00 **Les Mills Core ™** Group Classes Studio | monika Slomska	11:00 - 12:00 **HIIT** Fitness Floor | Tommy Baes	11:40 - 12:10 **Mobility (SGT)** Fitness Floor | Viktor Boonen
19:30 - 20:30 **Bokwa** Group Classes Studio | Faye Porteman	19:30 - 20:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Alain Declerck	19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Quinten Borrizee	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Cromwell Cuvalay	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | monika Slomska		
20:30 - 21:30 **Zumba®** Group Classes Studio | Faye Porteman	19:30 - 20:30 **STRONG Nation®** Group Classes Studio | Joke Goossens		19:30 - 20:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Bart Duyck			
	20:30 - 21:00 **Booty** Group Classes Studio | Joke Goossens		19:30 - 20:30 **STRONG Nation®** Group Classes Studio | Joke Goossens			
			20:30 - 21:15 **Jims Jump** Group Classes Studio | Joke Goossens			

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10:30 - 11:30 **Pilates** Group Classes Studio | Marianne Van Wulpen	09:30 - 10:30 **BBB** Group Classes Studio | Faye Porteman	09:15 - 10:15 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Luc Coopman	10:30 - 11:30 **Yoga** Group Classes Studio | Joke Verkeyn	09:30 - 10:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Peter Wille	10:00 - 11:00 **Strength Training (SGT)** Fitness Floor | Quinten Borrizee	10:30 - 11:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Alain Declerck
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18:30 - 19:30 **Start To Workout (SGT)** Fitness Floor | Viktor Boonen	19:30 - 20:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Alain Declerck		19:30 - 20:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Bart Duyck	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | monika Slomska		
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