Lessenrooster Jims Wilrijk

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 10:00 **Pilates** Group Classes Studio | Nadejda Poleshyk	18:30 - 19:30 **XCORE ® (BE)** Group Classes Studio | Jennifer Cassiman	09:00 - 10:00 **Yoga** Group Classes Studio | Nadejda Poleshyk	18:00 - 19:00 **Healthy Back (SGT)** Functional Zone | Anika Ukcamaj	17:00 - 18:00 **Strength Training (SGT)** Fitness Floor | Thalia Schits	09:00 - 10:00 **Boxing** Boxing Cube | Fatima El Filali	09:15 - 10:15 **Boxing** Boxing Cube | Isy De Quint
18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Hannu Brits	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Hannu Brits	18:00 - 19:00 **Crosstraining** Functional Zone | Pia Duwaerts	19:00 - 20:00 **BRN®** Group Classes Studio | Evi De herdt		10:00 - 11:00 **BRN®** Group Classes Studio | Jennifer Cassiman	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Fatima El Filali
18:30 - 19:30 **Kick** Boxing Cube | Siham Yachou	19:30 - 20:30 **Boxing** Boxing Cube | Isy De Quint	18:30 - 19:30 **Kick** Boxing Cube | Siham Yachou	19:15 - 20:15 **Moving Mom (SGT)** Fitness Floor | Anika Ukcamaj		11:30 - 12:30 **Yoga** Group Classes Studio | Nadejda Poleshyk	
19:00 - 20:00 **Crosstraining** Functional Zone | Pia Duwaerts	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Fatima El Filali	19:00 - 20:00 **Les Mills Bodycombat ™** Group Classes Studio | Jennifer Cassiman	19:30 - 20:30 **Boxing** Boxing Cube | Isy De Quint			
20:15 - 21:15 **HIIT Boxing** Boxing Cube | Pia Duwaerts	20:00 - 21:00 **GO HYBRID SGT(BE)** Functional Zone | Thalia Schits	19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Anika Ukcamaj	20:00 - 21:00 **Pilates** Group Classes Studio | Evi De herdt			

Lessenrooster Jims Wilrijk

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 10:00 **Pilates** Group Classes Studio | Nadejda Poleshyk	18:30 - 19:30 **XCORE ® (BE)** Group Classes Studio | Jennifer Cassiman	09:00 - 10:00 **Yoga** Group Classes Studio | Nadejda Poleshyk	18:00 - 19:00 **Healthy Back (SGT)** Functional Zone | Anika Ukcamaj	17:00 - 18:00 **Strength Training (SGT)** Fitness Floor | Thalia Schits	09:00 - 10:00 **Boxing** Boxing Cube | Fatima El Filali	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Fatima El Filali
18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Hannu Brits	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Hannu Brits	18:30 - 19:30 **Kick** Boxing Cube | Siham Yachou	19:00 - 20:00 **Moving Mom (SGT)** Fitness Floor | Senne Hendrickx		10:00 - 11:00 **BRN®** Group Classes Studio | Jennifer Cassiman	
18:30 - 19:30 **Kick** Boxing Cube | Siham Yachou	19:30 - 20:30 **Boxing** Boxing Cube | Isy De Quint	19:00 - 20:00 **Les Mills Bodycombat ™** Group Classes Studio | Jennifer Cassiman	19:30 - 20:30 **Boxing** Boxing Cube | Isy De Quint		11:30 - 12:30 **Yoga** Group Classes Studio | Nadejda Poleshyk	
19:00 - 20:00 **Crosstraining** Functional Zone | Pia Duwaerts	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Fatima El Filali	19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Anika Ukcamaj				
20:15 - 21:15 **HIIT Boxing** Boxing Cube | Pia Duwaerts	20:00 - 21:00 **GO HYBRID SGT(BE)** Functional Zone | Thalia Schits					