Lessenrooster Jims Genk Stadsplein

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 11:00 **Sculpt** Group Classes Studio | JIMS Genk	11:00 - 12:00 **Jims Stick** Group Classes Studio | Ana Dos santos ferreira	10:00 - 11:00 **BBB** Group Classes Studio | Ana Dos santos ferreira	09:00 - 10:00 **Fitball** Group Classes Studio | Ana Dos santos ferreira	11:00 - 12:00 **Pop Pilates** Group Classes Studio | JIMS Genk	10:00 - 11:00 **Step** Group Classes Studio | Ana Dos santos ferreira	10:00 - 11:00 **Les Mills Pilates ™** Body & Mind Cube
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Ana Dos santos ferreira	12:00 - 13:00 **Zumba®** Group Classes Studio | Ana Dos santos ferreira	11:00 - 12:00 **Zumba®** Group Classes Studio | Ana Dos santos ferreira	10:00 - 11:00 **Pilates** Ana Dos santos ferreira	14:00 - 15:00 **Healthy Back (SGT)** Maikel Boons	11:00 - 12:00 **Pilates** Body & Mind Cube | Ana Dos santos ferreira	11:00 - 12:00 **Fitball** Group Classes Studio | JIMS Genk
18:00 - 19:00 **UBOUND ®** Group Classes Studio | Ana Dos santos ferreira	17:00 - 18:00 **Strength For Women (SGT)** Functional Zone | Wout Dullers	18:00 - 19:00 **GO HYBRID SGT(BE)** Functional Zone | Wout Dullers	20:00 - 21:00 **Les Mills Bodycombat ™** Group Classes Studio | Nancy Lemmens	19:30 - 21:00 **SOUND BATH (BE)** Body & Mind Cube | JIMS Genk		
19:00 - 20:00 **Sculpt** Ana Dos santos ferreira	18:00 - 19:00 **Healthy Back (SGT)** Maikel Boons	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Bram Rombouts	20:00 - 21:00 **Les Mills Pilates ™** Body & Mind Cube | JIMS Genk			
	19:00 - 20:00 **Les Mills Bodycombat ™** Group Classes Studio | Nancy Lemmens					
	20:00 - 21:00 **Fusion Pilates** Body & Mind Cube | JIMS Genk					
	20:30 - 21:30 **Boxing** Group Classes Studio | Thierry Maenhout					

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