Lessenrooster Jims Zelzate

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 10:30 **Core** Functional Zone | Ian Van de Veire	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Ferre Goossen	09:30 - 10:00 **Total Body Conditioning** Functional Zone | Ian Van de Veire		10:00 - 10:30 **Core** Functional Zone | Ian Van de Veire		
10:30 - 11:30 **Hybrid X** Functional Zone | Ian Van de Veire	19:00 - 20:00 **Pilates** Functional Zone | Cindy Roels	10:00 - 10:30 **Core** Functional Zone | Ian Van de Veire		10:30 - 11:00 **Fitball** Functional Zone | Ian Van de Veire		
13:00 - 14:00 **Start To Workout (SGT)** Fitness Floor | Ian Van de Veire	20:00 - 20:30 **Core** Functional Zone | Cindy Roels	10:30 - 11:30 **Crosstraining** Functional Zone | Ian Van de Veire		11:00 - 11:30 **Total Body Conditioning** Functional Zone | Ian Van de Veire		
18:00 - 19:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Ferre Goossen		12:00 - 13:00 **Move For Health (SGT)** Fitness Floor | Ian Van de Veire		14:00 - 15:00 **Healthy Back (SGT)** Fitness Floor | Ian Van de Veire		
19:00 - 20:00 **Step** Functional Zone | JIMS Zelzate		14:00 - 15:00 **Conditioning (SGT)** Fitness Floor | Ian Van de Veire				
20:00 - 21:00 **Total Body Conditioning** Functional Zone | JIMS Zelzate		18:00 - 19:00 **Start To Workout (SGT)** Merel Van Damme				
		19:00 - 19:30 **Core** Functional Zone | Ferre Goossen				
		19:30 - 20:30 **Power** Functional Zone | Ferre Goossen				

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