Lessenrooster Jims Gent Rooigem

Cube | Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
17:00 - 18:00 **Squat Bench Deadlift (SGT)** Functional Zone | Felien Mestdagh	11:00 - 12:15 **Kundalini Yoga** Group Classes Studio | Greta De Maertelaere	10:30 - 11:30 **Sculpt** Group Classes Studio | Leslie Page	10:30 - 11:30 **Core** Group Classes Studio | Leslie Page	18:00 - 19:00 **COACH BY COLOR® Cycling (BE)** Cycling Cube | Pascale Roorda	10:00 - 11:00 **BBB** Group Classes Studio | Faye Porteman	09:30 - 10:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Ronny De Groeve
18:00 - 19:00 **BBB** Group Classes Studio | Sophie Morobé	11:30 - 12:30 **Strength For Women (SGT)** Functional Zone | Felien Mestdagh	11:30 - 12:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Jordan Amir Malakouti	11:30 - 12:30 **Yoga** Group Classes Studio | Leslie Page	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Katleen De Temmerman	11:00 - 12:00 **Zumba®** Group Classes Studio | Faye Porteman	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Marc De Scheemaecker
18:00 - 19:00 **GO HYBRID SGT(BE)** Functional Zone | Thorwald Lambrecht	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | JIMS Gent Rooigem	11:30 - 12:30 **Pilates** Group Classes Studio | Leslie Page	17:30 - 18:00 **Mobility (SGT)** Functional Zone | Felien Mestdagh		11:30 - 12:30 **BOXING FLOW (BE)** Boxing Cube | Jordan Amir Malakouti	10:30 - 11:30 **BOXING CUBE (BE)** Boxing Cube | Ronny De Groeve
18:00 - 19:00 **HIIT Boxing** Boxing Cube | Quinten Dhaemer Gripe	18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | JIMS Gent Rooigem		18:00 - 19:00 **Crosstraining** Functional Zone | Thorwald Lambrecht		12:30 - 13:30 **Calisthenics** Jordan Amir Malakouti	11:00 - 12:00 **Flow** Group Classes Studio | Marc De Scheemaecker
19:00 - 20:00 **Go Functional (SGT)** Thorwald Lambrecht	19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Pascale Roorda		18:00 - 19:00 **HIIT Boxing** Boxing Cube | Quinten Dhaemer Gripe			
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Daisy Dejonghe	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Elke Blansaer		18:00 - 19:00 **Les Mills Bodyattack ™** Group Classes Studio | Olivier Ockers			
19:00 - 20:00 **Mobility** Boxing Cube | Quinten Dhaemer Gripe	20:00 - 21:00 **Cardio boxing** Boxing Cube | An De Decker		19:00 - 20:00 **Calisthenics** Functional Zone | Amir Malakouti			
20:00 - 21:00 **Core** Group Classes Studio | Daisy Dejonghe	20:00 - 21:00 **Yoga** Group Classes Studio | Wilfrieda Paessens		19:00 - 20:00 **Zumba®** Group Classes Studio | Faye Porteman			
			20:00 - 21:00 **Yoga** JIMS Gent Rooigem			

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Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
17:00 - 18:00 **Squat Bench Deadlift (SGT)** Functional Zone | Kaija Heirman	11:00 - 12:15 **Kundalini Yoga** Group Classes Studio | Greta De Maertelaere	10:30 - 11:30 **Sculpt** Group Classes Studio | Leslie Page	10:30 - 11:30 **Core** Group Classes Studio | Leslie Page	10:00 - 10:30 **Booty** Group Classes Studio | Laura Vermeire	10:00 - 11:00 **BBB** Group Classes Studio | Faye Porteman	09:30 - 10:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Ronny De Groeve
18:00 - 19:00 **BBB** Group Classes Studio | Sophie Morobé	11:30 - 12:30 **Strength For Women (SGT)** Functional Zone | Felien Mestdagh	11:30 - 12:30 **Pilates** Group Classes Studio | Leslie Page	11:30 - 12:30 **Yoga** Group Classes Studio | Leslie Page	10:30 - 11:15 **HIIT** Group Classes Studio | Laura Vermeire	11:00 - 12:00 **Zumba®** Group Classes Studio | Faye Porteman	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Marc De Scheemaecker
18:00 - 19:00 **HIIT Boxing** Boxing Cube | Quinten Dhaemer Gripe	17:00 - 18:00 **Strength Training (SGT)** Functional Zone | Kaija Heirman	12:00 - 13:00 **Moving Mom (SGT)** Kaija Heirman	17:30 - 18:00 **Mobility (SGT)** Functional Zone | Felien Mestdagh	11:00 - 11:45 **Move For Health (SGT)** Functional Zone | Kaija Heirman	11:30 - 12:30 **BOXING FLOW (BE)** Boxing Cube | Jordan Amir Malakouti	10:30 - 11:30 **BOXING CUBE (BE)** Boxing Cube | Ronny De Groeve
18:15 - 19:00 **GO HYBRID SGT(BE)** Kaija Heirman	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Elke Blansaer	17:30 - 18:30 **Flow** Group Classes Studio | Annelies Bombeeck	18:00 - 19:00 **HIIT Boxing** Boxing Cube | Quinten Dhaemer Gripe	18:00 - 19:00 **COACH BY COLOR® Cycling (BE)** Cycling Cube | Pascale Roorda	12:30 - 13:30 **Calisthenics** Jordan Amir Malakouti	11:00 - 12:00 **Flow** Group Classes Studio | Marc De Scheemaecker
19:00 - 20:00 **Go Functional (SGT)** Thorwald Lambrecht	18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | Kaija Heirman	18:00 - 19:00 **Prepare for running (SGT)** Functional Zone | Thorwald Lambrecht	18:00 - 19:00 **Les Mills Bodyattack ™** Group Classes Studio | Olivier Ockers	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Katleen De Temmerman		
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Daisy Dejonghe	19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Pascale Roorda	18:30 - 19:30 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Pascal Rooms	18:00 - 18:45 **NOCCO HYBRID LABS (BE)** Functional Zone | Thorwald Lambrecht			
19:00 - 20:00 **Mobility** Boxing Cube | Quinten Dhaemer Gripe	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Elke Blansaer	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Felien Mestdagh	19:00 - 20:00 **Calisthenics** Functional Zone | Amir Malakouti			
20:00 - 21:00 **Core** Group Classes Studio | Daisy Dejonghe	20:00 - 21:00 **Cardio boxing** Boxing Cube | An De Decker	19:30 - 20:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Jordan Amir Malakouti	19:00 - 19:45 **NOCCO HYBRID LABS (BE)** Functional Zone | Thorwald Lambrecht			
	20:00 - 21:00 **Yoga** Group Classes Studio | Wilfrieda Paessens	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Daisy Dejonghe	19:00 - 20:30 **Zumba®** Group Classes Studio | Faye Porteman			
		20:30 - 21:30 **Core** Group Classes Studio | Daisy Dejonghe				