Lessenrooster Jims Oudenaarde

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Emanuel Schiettecatte	18:00 - 19:00 **Weight Health (SGT)** Functional Zone | Annelies Robyns	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Auke Van Dorland	18:00 - 19:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Auke Van Dorland		10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens	10:00 - 11:00 **Start To Workout (SGT)** Functional Zone | Annelies Robyns
18:00 - 19:00 **Zumba®** Group Classes Studio | Johnny Bauwens	19:00 - 20:00 **BBB** Group Classes Studio | Annelies Robyns	19:00 - 20:00 **Crosstraining** Functional Zone | Emanuel Schiettecatte	19:00 - 20:00 **Burn** Group Classes Studio		11:00 - 12:00 **Pilates** Group Classes Studio | Johnny Bauwens	10:00 - 11:00 **Step** Group Classes Studio | Serge Eeckhout
19:00 - 20:00 **Moving Mom (SGT)** Functional Zone | Annelies Robyns	20:00 - 21:00 **Boxing** Group Classes Studio | Serge Eeckhout	19:00 - 20:00 **Pilates** Group Classes Studio | Kate Beunens	19:00 - 20:00 **Healthy Back (SGT)** Functional Zone | Annelies Robyns			11:00 - 11:45 **BBB** Group Classes Studio | Kate Beunens
19:00 - 20:00 **Power Cardio** Group Classes Studio | Kate Beunens			20:00 - 21:00 **Boxing** Group Classes Studio | Serge Eeckhout			11:45 - 12:00 **Core** Group Classes Studio | Kate Beunens
20:00 - 21:00 **GO HYBRID SGT(BE)** Functional Zone | Emanuel Schiettecatte						
20:00 - 21:00 **Pilates** Group Classes Studio | Kate Beunens						

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