Lessenrooster Jims Lier Mol

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
11:00 - 12:00 **Start To Workout (SGT)** Lennert Verwimp	09:00 - 10:00 **Step** Group Classes Studio | Koen Vercammen	10:00 - 11:00 **Dance** Group Classes Studio	18:00 - 19:00 **Go Functional (SGT)** Fitness Floor | Robbe Calant	09:00 - 10:00 **Power Pilates Cube (BE)** Group Classes Studio | Florence Hopmans	11:00 - 12:00 **Indoor Cycling** Cycling Studio | Koen Vercammen	
18:30 - 19:30 **BBB** Group Classes Studio | Annabel Leyssen	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Koen Vercammen	18:15 - 18:45 **HIIT** Cycling Studio | Hjordis Moiné	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Maartje Cavens	10:00 - 11:00 **Pilates** Group Classes Studio | Florence Hopmans	12:00 - 13:00 **BBB** Group Classes Studio | Annabel Leyssen	
19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Olivier Glorie	12:00 - 13:00 **Go Functional (SGT)** Fitness Floor | Robbe Calant	18:45 - 19:15 **Core** Cycling Studio | Hjordis Moiné	19:30 - 20:30 **Step** Group Classes Studio | Maartje Cavens	11:00 - 12:00 **Pilates** Group Classes Studio | Florence Hopmans		
19:30 - 20:30 **Zumba®** Group Classes Studio | Nadia Lefever	17:30 - 18:30 **Boxing** Group Classes Studio | JIMS Liermol	19:30 - 20:30 **Indoor Cycling** Cycling Studio | Hjordis Moiné		18:00 - 19:00 **Burn** Group Classes Studio | Annabel Leyssen		
20:00 - 21:00 **Indoor Cycling** Cycling Studio | Koen Vercammen	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Annabel Leyssen	20:15 - 21:15 **Zumba®** Group Classes Studio | Nadia Lefever				
	19:00 - 20:00 **Strength Training (SGT)** Olivier Glorie					
	19:30 - 20:30 **BBB** Group Classes Studio | Annabel Leyssen					

Lessenrooster Jims Lier Mol

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 10:00 **Power Pilates Cube (BE)** Group Classes Studio | Florence Hopmans	09:00 - 10:00 **Step** Group Classes Studio | Koen Vercammen	10:00 - 11:00 **Dance** Group Classes Studio	18:00 - 19:00 **Go Functional (SGT)** Fitness Floor | Robbe Calant	09:00 - 10:00 **Power Pilates Cube (BE)** Group Classes Studio | Florence Hopmans	11:00 - 12:00 **Indoor Cycling** Cycling Studio | Koen Vercammen	
10:00 - 11:00 **Pilates** Group Classes Studio | Florence Hopmans	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Koen Vercammen	18:15 - 18:45 **HIIT** Cycling Studio | Hjordis Moiné	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Maartje Cavens	10:00 - 11:00 **Pilates** Group Classes Studio | Florence Hopmans	12:00 - 13:00 **BBB** Group Classes Studio | Annabel Leyssen	
11:00 - 12:00 **Pilates** Group Classes Studio | Florence Hopmans	12:00 - 13:00 **Go Functional (SGT)** Fitness Floor | Robbe Calant	18:45 - 19:15 **Core** Cycling Studio | Hjordis Moiné	19:30 - 20:30 **Step** Group Classes Studio | Maartje Cavens	11:00 - 12:00 **Pilates** Group Classes Studio | Florence Hopmans		
18:30 - 19:30 **BBB** Group Classes Studio | Annabel Leyssen	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Annabel Leyssen	19:30 - 20:30 **Indoor Cycling** Cycling Studio | Hjordis Moiné		18:00 - 19:00 **Burn** Group Classes Studio | Annabel Leyssen		
19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Olivier Glorie	19:00 - 20:00 **Strength Training (SGT)** Olivier Glorie	20:15 - 21:15 **Zumba®** Group Classes Studio | Nadia Lefever				
19:30 - 20:30 **Zumba®** Group Classes Studio | Nadia Lefever	19:30 - 20:30 **BBB** Group Classes Studio | Annabel Leyssen					
20:00 - 21:00 **Indoor Cycling** Cycling Studio | Koen Vercammen	20:30 - 21:30 **Boxing** Group Classes Studio | JIMS Liermol					