Lessenrooster Jims Sint-Truiden

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
11:00 - 12:00 **Yoga** Group Classes Studio | Anais Pereboom	10:00 - 11:00 **Strength For Women (SGT)** Fintess Floor | Esmeralda Den heijer	17:30 - 18:30 **Go Functional (SGT)** Group Classes Studio | Roan Dierick	10:00 - 11:00 **Start To Workout (SGT)** Fintess Floor | Janelle Dassen	14:00 - 15:00 **Start To Workout (SGT)** Fintess Floor | Esmeralda Den heijer	09:30 - 10:30 **Pilates** Group Classes Studio | Elena Ion	10:00 - 11:00 **Indoor Cycling** Group Classes Studio | Clara Ruyloft
17:00 - 18:00 **Strength Training (SGT)** Fintess Floor | Roan Dierick	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Peter Boelen	18:30 - 19:30 **Booty** Group Classes Studio | Irissa Bogaerts	17:00 - 18:00 **Forever Fit (SGT)** Esmeralda Den heijer		11:30 - 12:30 **Total Body Conditioning** Group Classes Studio | Leenen Stefanie	11:00 - 12:00 **Zumba®** Group Classes Studio | Irissa Bogaerts
20:30 - 21:30 **AEROBICS (BE)** Group Classes Studio | Irissa Bogaerts	19:30 - 20:30 **Indoor Cycling** Group Classes Studio | Johan Claes	19:00 - 20:00 **Weight Health (SGT)** Fintess Floor | Roan Dierick	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Peter Boelen			
	20:30 - 21:30 **Indoor Cycling** Group Classes Studio | Clara Ruyloft	19:30 - 20:30 **Step** Group Classes Studio	20:00 - 21:00 **Indoor Cycling** Group Classes Studio | Johan Claes			
		20:30 - 21:30 **Pilates** Group Classes Studio | Elena Ion				

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19:00 - 19:45 **ABDO WOD (BE)** Group Classes Studio | Riet Maes	19:30 - 20:30 **Indoor Cycling** Group Classes Studio | Johan Claes	19:00 - 20:00 **Weight Health (SGT)** Fintess Floor | Roan Dierick	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Peter Boelen			
19:30 - 20:30 **BBB** Group Classes Studio | Riet Maes	20:30 - 21:30 **Indoor Cycling** Group Classes Studio | Clara Ruyloft	19:30 - 20:30 **Step** Group Classes Studio | Irissa Bogaerts	20:00 - 21:00 **Indoor Cycling** Group Classes Studio | Johan Claes			
20:30 - 21:30 **AEROBICS (BE)** Group Classes Studio | Irissa Bogaerts		20:30 - 21:30 **Pilates** Group Classes Studio | Elena Ion				