Lessenrooster Jims Schilde

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
08:15 - 09:15 **Les Mills Bodybalance ™** Group Classes Studio | Melita Vercammen	09:00 - 10:00 **Indoor Cycling** Group Classes Studio | Karen Persyn	08:15 - 09:15 **Bootcamp** Group Classes Studio | Karen Persyn	08:15 - 09:15 **Indoor Cycling** Group Classes Studio | Karen Persyn	09:15 - 10:15 **BBB** Group Classes Studio | Magda Spiessens	09:00 - 10:00 **Indoor Cycling** Group Classes Studio	09:00 - 10:00 **Pilates** Group Classes Studio | Doina Manu
09:15 - 10:15 **BBB** Group Classes Studio | Magda Spiessens	10:15 - 11:15 **Pilates** Group Classes Studio | Magda Spiessens	09:15 - 10:15 **BBB** Group Classes Studio | Magda Spiessens	09:15 - 10:15 **Pilates** Group Classes Studio | Magda Spiessens	10:15 - 11:15 **Les Mills Bodypump ™** Group Classes Studio | Karen Persyn	10:15 - 11:15 **Yoga** Group Classes Studio | Melita Vercammen	10:15 - 11:15 **Les Mills Bodystep ™** Group Classes Studio | Annick Verhoeve
10:15 - 11:15 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	11:15 - 12:15 **Pilates** Group Classes Studio | Magda Spiessens	10:15 - 11:15 **Les Mills Bodypump ™** Group Classes Studio | Karen Persyn	10:15 - 11:15 **Zumba®** Group Classes Studio | Magda Spiessens	11:30 - 12:30 **Les Mills Bodybalance ™** Group Classes Studio | Melita Vercammen	11:30 - 12:30 **Les Mills Bodypump ™** Group Classes Studio | Melita Vercammen	11:30 - 12:30 **Indoor Cycling** Group Classes Studio | Annick Verhoeve
18:00 - 18:30 **Core** Group Classes Studio | Karen Persyn	18:15 - 18:45 **Booty** Group Classes Studio | Doina Manu	11:00 - 12:00 **Start To Workout (SGT)** Fitness Floor | Jeffrey Hermans	11:15 - 12:00 **NOCCO HYBRID LABS (BE)** Group Classes Studio | Tom Gielis	13:00 - 14:00 **Start To Workout (SGT)** Fitness Floor | Jeffrey Hermans		
18:30 - 19:30 **Pilates** Group Classes Studio | Karen Persyn	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Doina Manu	11:15 - 12:15 **Boxing** Group Classes Studio | Karen Persyn	12:15 - 13:00 **NOCCO HYBRID LABS (BE)** Group Classes Studio | Tom Gielis	18:15 - 19:15 **Vinyasa Yoga** Group Classes Studio | Jutta Rommelaere		
19:30 - 20:30 **Power Cardio** Group Classes Studio | Karen Persyn	20:15 - 21:00 **Strength Training (SGT)** Group Classes Studio | Jeffrey Hermans	18:00 - 19:00 **Weight Health (SGT)** Group Classes Studio | Seth Van Bauwel	18:00 - 18:30 **Core** Group Classes Studio | Karen Persyn	18:30 - 19:30 **Prepare for running (SGT)** Outdoors | Paul Huybrechts		
20:45 - 21:45 **Boxing** Group Classes Studio | JIMS Schilde		19:15 - 20:00 **Move For Health (SGT)** Group Classes Studio | Seth Van Bauwel	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Karen Persyn	19:15 - 20:15 **Pilates** Group Classes Studio | Jutta Rommelaere		
		20:00 - 21:00 **Boxing** Group Classes Studio | JIMS Schilde	19:45 - 20:45 **Les Mills Bodystep ™** Group Classes Studio | Annick Verhoeve			
			20:45 - 21:45 **Indoor Cycling** Group Classes Studio | Annick Verhoeve			

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10:15 - 11:15 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	11:15 - 12:15 **Pilates** Group Classes Studio | Magda Spiessens	10:15 - 11:15 **Les Mills Bodypump ™** Group Classes Studio | Karen Persyn	10:15 - 11:15 **Zumba®** Group Classes Studio | Magda Spiessens	11:30 - 12:30 **Les Mills Bodybalance ™** Group Classes Studio | Melita Vercammen	11:30 - 12:30 **Les Mills Bodypump ™** Group Classes Studio | Melita Vercammen	11:30 - 12:30 **Indoor Cycling** Group Classes Studio | Annick Verhoeve
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