Lessenrooster Jims Kampenhout

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:00 - 19:00 **FIGHT DO®** Group Classes Studio	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Orbid Admin	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Louis Wenderickx	19:00 - 20:00 **Les Mills Bodypump ™**	12:00 - 13:00 **Indoor Cycling** Group Classes Studio | Magicline 2	09:30 - 10:30 **Fusion Pilates** Group Classes Studio | Magicline 2	09:30 - 10:30 **Power** Cycling Studio
18:00 - 19:00 **Les Mills Bodypump ™**	19:00 - 20:00 **Zumba®** Group Classes Studio	18:30 - 19:30 **FIGHT DO®** Boxing Studio | Bart Vandenberghe	19:30 - 20:30 **Zumba®** Group Classes Studio | Magicline 2		11:00 - 12:00 **FIGHT DO®** Boxing Studio | Bart Vandenberghe	10:30 - 11:30 **Indoor Cycling** Cycling Studio | Magicline 2
19:00 - 20:00 **Dance** Group Classes Studio | Orbid Admin	20:00 - 21:00 **BBB** Group Classes Studio | Orbid Admin	18:30 - 19:30 **Pilates** Group Classes Studio | Sophie Goffaet	20:00 - 21:00 **BODY & MIND (BE)** Group Classes Studio | Sophie Goffaet			11:30 - 12:30 **Indoor Cycling** Cycling Studio | Magicline 2
19:00 - 20:00 **Indoor Cycling** Group Classes Studio	20:00 - 21:00 **Dance**	19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Maxime Roekens				

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MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:00 - 19:00 **FIGHT DO®** Group Classes Studio	18:00 - 19:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Yarno Christophe Junior Cleynhens	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Louis Wenderickx	19:00 - 20:00 **Les Mills Bodypump ™**	12:00 - 13:00 **Indoor Cycling** Group Classes Studio | Magicline 2	09:30 - 10:30 **Fusion Pilates** Group Classes Studio | Magicline 2	09:30 - 10:30 **Power** Cycling Studio
18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio	19:00 - 20:00 **Zumba®** Group Classes Studio	18:30 - 19:30 **FIGHT DO®** Boxing Studio | Bart Vandenberghe	19:30 - 20:30 **Zumba®** Group Classes Studio | Magicline 2		11:00 - 12:00 **FIGHT DO®** Boxing Studio | Bart Vandenberghe	10:30 - 11:30 **Indoor Cycling** Cycling Studio | Magicline 2
18:00 - 19:00 **Les Mills Bodypump ™**	20:00 - 21:00 **Dance**	18:30 - 19:30 **Pilates** Group Classes Studio | Sophie Goffaet	20:00 - 21:00 **BODY & MIND (BE)** Group Classes Studio | Sophie Goffaet			11:30 - 12:30 **Indoor Cycling** Cycling Studio | Magicline 2
19:00 - 20:00 **Dance** Group Classes Studio | Orbid Admin		19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Maxime Roekens				14:00 - 15:00 **Strength For Women (SGT)** Fitness Floor | Louis Wenderickx
19:00 - 20:00 **Indoor Cycling** Group Classes Studio						