Lessenrooster Jims Lokeren

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:30 - 19:00 **Booty** Fitness Floor	17:30 - 18:00 **Core** Amy Van Rijckeghem	18:30 - 19:30 **Kundalini Yoga** Group Classes Studio | Greta De Maertelaere	17:00 - 18:00 **Go Functional (SGT)** Functional Zone		10:00 - 11:00 **BBB** Group Classes Studio	10:00 - 11:00 **Indoor Cycling** Group Classes Studio
19:00 - 20:00 **Pilates** Group Classes Studio	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Amy Van Rijckeghem	19:30 - 20:30 **Indoor Cycling** Group Classes Studio	18:00 - 19:00 **Boxing** Fitness Floor | Tijl Meuleman			11:00 - 12:00 **Yoga** Group Classes Studio
19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Ivan Risaldi					
	19:00 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Amy Van Rijckeghem					

Lessenrooster Jims Lokeren

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:30 - 10:30 **GO HYBRID SGT(BE)** Group Classes Studio | Youri Appaerts	17:30 - 18:00 **Core** Amy Van Rijckeghem	15:00 - 16:00 **GO HYBRID SGT(BE)** Group Classes Studio | Youri Appaerts	17:00 - 18:00 **Go Functional (SGT)** Functional Zone		10:00 - 11:00 **BBB** Group Classes Studio	10:00 - 11:00 **Indoor Cycling** Group Classes Studio
18:30 - 19:00 **Booty** Fitness Floor	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Amy Van Rijckeghem	18:30 - 19:30 **Kundalini Yoga** Group Classes Studio | Greta De Maertelaere	18:00 - 19:00 **Boxing** Fitness Floor | Tijl Meuleman			11:00 - 12:00 **Yoga** Group Classes Studio
19:00 - 20:00 **Pilates** Group Classes Studio	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Ivan Risaldi	19:30 - 20:30 **Indoor Cycling** Group Classes Studio				
19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor	19:00 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Amy Van Rijckeghem					