

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>18:00 - 19:00 Start To Workout (SGT) Fitness Floor Seppe Cappaert</p> <p>19:00 - 20:00 Pilates Group Classes Studio Jims Lokeren</p>	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Jims Lokeren</p> <p>19:00 - 20:00 Strength For Women (SGT) Fitness Floor Amy Van Rijckeghem</p> <p>19:30 - 20:00 Core Group Classes Studio Ivan Risaldi</p>	<p>18:00 - 19:00 Squat Bench Deadlift (SGT) Fitness Floor Nikky De Backer</p> <p>19:30 - 20:30 Indoor Cycling (SGT) Group Classes Studio Jims Lokeren</p>	<p>17:00 - 18:00 Go Functional (SGT) Functional Zone Nikky De Backer</p> <p>18:00 - 19:00 Booty Amy Van Rijckeghem</p> <p>18:00 - 19:00 Strength Training (SGT) Fitness Floor Seppe Cappaert</p>		<p>10:00 - 11:00 BBB Group Classes Studio Jims Lokeren</p>	<p>10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Lokeren</p>

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
	<p>18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Jims Lokeren</p>	<p>18:00 - 19:00 Squat Bench Deadlift (SGT) Fitness Floor Nikky De Backer</p>	<p>17:00 - 18:00 Go Functional (SGT) Fitness Floor Nikky De Backer</p>		<p>10:00 - 11:00 BBB Group Classes Studio Jims Lokeren</p>	<p>10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Lokeren</p>
	<p>19:00 - 20:00 Strength For Women (SGT) Fitness Floor Amy Van Rijckeghem</p>	<p>19:30 - 20:30 Indoor Cycling Group Classes Studio Jims Lokeren</p>	<p>18:00 - 19:00 Strength Training (SGT) Fitness Floor Seppe Cappaert</p>			<p>11:00 - 12:00 Yoga Group Classes Studio Jims Lokeren</p>
	<p>19:30 - 20:00 Core Group Classes Studio Ivan Risaldi</p>					