

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
17:00 - 18:00 Start To Workout (SGT) Fitness Floor Jims Lokeren	18:30 - 19:30 Les Mills Bodypump™ Group Classes Studio Ivan Risaldi	19:30 - 20:30 Indoor Cycling Group Classes Studio Jims Lokeren	17:00 - 18:00 Go Functional (SGT) Functional Zone Jims Lokeren		10:00 - 11:00 BBB Group Classes Studio Jims Lokeren	10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Lokeren
18:00 - 19:00 Booty Fitness Floor Amy Van Rijckeghem	18:30 - 19:30 Strength For Women (SGT) Fitness Floor Amy Van Rijckeghem					11:00 - 12:00 Yoga Group Classes Studio Jims Lokeren
19:00 - 20:00 Pilates Group Classes Studio Jims Lokeren	19:30 - 20:00 Core Group Classes Studio Ivan Risaldi					

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