Lessenrooster Jims Nijlen

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:15 - 18:45 **Start To Workout (SGT)** Group Classes Studio | Kjetil Heylen	19:00 - 20:00 **Dance** Evi Wijns	09:00 - 10:00 **Boxing** Group Classes Studio | Jenny van den Brandt	10:00 - 11:00 **GO HYBRID SGT(BE)** Group Classes Studio	09:00 - 10:00 **Conditioning (SGT)** Group Classes Studio | Jenny van den Brandt	09:00 - 10:00 **Dance** Group Classes Studio | Evi Wijns	09:00 - 09:45 **Les Mills Pilates ™** Group Classes Studio | Kjetil Heylen
19:00 - 20:00 **Boxing** Group Classes Studio | Jenny van den Brandt	20:00 - 21:00 **Yoga** Group Classes Studio | Frieda Van Harck	10:00 - 11:00 **Pilates** Group Classes Studio | Jenny van den Brandt	18:00 - 19:00 **GO HYBRID SGT(BE)** Group Classes Studio	10:00 - 10:30 **Core** Group Classes Studio | Jenny van den Brandt	10:00 - 11:00 **BBB** Group Classes Studio | Femke Daems	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Ingrid Van Bouchaute
20:00 - 20:30 **Burn** Group Classes Studio | Jenny van den Brandt			19:00 - 20:00 **Pilates** Group Classes Studio | Jenny van den Brandt			
20:30 - 21:30 **BBB** Group Classes Studio | Jenny van den Brandt			20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Jenny van den Brandt			
			21:00 - 22:00 **Boxing** Group Classes Studio | Jenny van den Brandt			

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