Lessenrooster Jims Lommel

Cube ■ Small Group Training

MAANDAG

09:30 - 10:30
Core
| Viviane Bleys

10:30 - 11:30
Indoor Cycling
| Viviane Bleys

18:30 - 19:30
Boxing
| Jasmine Tips

19:30 - 20:30
Indoor Cycling
| Mirjam Kramer

DINSDAG

18:30 - 19:30
Step
| Mieke Ceelen

19:30 - 20:30
BBB
| Ine Ooms

WOENSDAG

09:30 - 10:30
Core
| Viviane Bleys

10:30 - 11:30
Indoor Cycling
| Viviane Bleys

18:30 - 19:30
STRONG Nation®
Group Classes Studio | Cinthia Emilia Batista de Verlinden

19:30 - 20:30
Indoor Cycling
| Mirjam Kramer

20:30 - 21:30
Yoga
| Silvia Hendriks

DONDERDAG

09:30 - 10:00
Go Functional (SGT)
Functional Zone | Viviane Bleys

10:00 - 11:00
Yoga
| Silvia Hendriks

18:30 - 19:30
Total Body Conditioning
| Jasmine Tips

19:30 - 20:30
Pilates
| Silvia Hendriks

VRIJDAG

09:30 - 10:00
Forever Fit (SGT)
| Jasmine Tips

10:00 - 11:00
Boxing
| Jasmine Tips

ZATERDAG

09:15 - 10:15
Step
| Mieke Ceelen

10:15 - 11:15
Healthy Back (SGT)
| Viviane Bleys

ZONDAG

09:30 - 10:30
Dance
| Nsabimana Lenaerts

10:30 - 11:30
Indoor Cycling
| Viviane Bleys

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| Mirjam Kramer

18:30 - 19:30
Boxing
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19:30 - 20:30
Indoor Cycling
| Mirjam Kramer

DINSDAG

10:00 - 11:00
Forever Fit (SGT)
Group Classes Studio | Jasmine Tips

18:30 - 19:30
Step
| Mieke Ceelen

19:30 - 20:30
BBB
| Ine Ooms

WOENSDAG

09:30 - 10:30
Core

10:30 - 11:30
Indoor Cycling

18:30 - 19:30
STRONG Nation®
Group Classes Studio | Cinthia Emilia Batista de Verlinden

19:30 - 20:30
Indoor Cycling
| Jessie Haex

20:30 - 21:30
Yoga
| Silvia Hendriks

DONDERDAG

09:30 - 10:00
Go Functional (SGT)
Functional Zone | Jasmine Tips

10:00 - 11:00
Yoga
| Silvia Hendriks

18:30 - 19:30
Total Body Conditioning
| Laurens Verboven

19:30 - 20:30
Pilates
| Silvia Hendriks

VRIJDAG

09:30 - 10:00
Forever Fit (SGT)
| Jasmine Tips

10:00 - 11:00
Boxing
| Jasmine Tips

ZATERDAG

09:15 - 10:15
Step
| Mieke Ceelen

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Pilates
| Silvia Hendriks

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