Lessenrooster Jims Knokke-Heist

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
19:00 - 20:00 **Boxing** Group Classes Studio | Jelle Decuyper	11:00 - 12:00 **BBB** Group Classes Studio | Faye Porteman	10:00 - 11:00 **Go Functional (SGT)** Cycling Cube | Martina Machajdikova	11:00 - 12:00 **BBB** Group Classes Studio | Faye Porteman	10:00 - 11:00 **Yoga** Group Classes Studio | Victoria Van den Langenbergh		09:15 - 10:15 **Indoor Cycling** Cycling Cube | Peter Wille
	19:00 - 20:00 **Bokwa** Faye Porteman	10:00 - 11:00 **Yoga** Group Classes Studio | Victoria Van den Langenbergh	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Lauren De Meyer			10:30 - 11:30 **Les Mills Bodypump ™** Group Classes Studio | Katrien Taccoen
	19:00 - 20:00 **Indoor Cycling** Cycling Cube | Peter Wille	17:30 - 18:30 **Move For Health (SGT)** Group Classes Studio | Lauren De Meyer	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Katrien Taccoen			
	20:00 - 21:00 **Zumba®** Group Classes Studio | Faye Porteman	19:00 - 20:00 **Pilates** Group Classes Studio | Victoria Van den Langenbergh				
		20:00 - 21:00 **Yoga** Group Classes Studio | Victoria Van den Langenbergh				

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10:00 - 11:00 **Pilates** Group Classes Studio | Victoria Van den Langenbergh	10:00 - 11:00 **Yoga** Group Classes Studio | Victoria Van den Langenbergh	17:30 - 18:30 **Move For Health (SGT)** Group Classes Studio | Lauren De Meyer	11:00 - 12:00 **BBB** Group Classes Studio | Faye Porteman	10:00 - 11:00 **Yoga** Group Classes Studio | Victoria Van den Langenbergh		09:15 - 10:15 **Indoor Cycling** Cycling Cube | Peter Wille
19:00 - 20:00 **Boxing** Group Classes Studio | Jelle Decuyper	11:00 - 12:00 **BBB** Group Classes Studio | Faye Porteman	19:00 - 20:00 **Pilates** Group Classes Studio | Victoria Van den Langenbergh	13:00 - 14:00 **Strength Training (SGT)** Fitness Floor | Jelle Decuyper			10:30 - 11:30 **Les Mills Bodypump ™** Group Classes Studio | Katrien Taccoen
	19:00 - 20:00 **Bokwa** Faye Porteman	20:00 - 21:00 **Yoga** Group Classes Studio | Victoria Van den Langenbergh	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Lauren De Meyer			
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