Lessenrooster Jims Temse

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:30 - 19:30 **GO HYBRID SGT - TYRUN (BE)** Group Classes Studio | Eli Eeckelaert	18:30 - 19:30 **Strength Training (SGT)** Fitness Floor | Agim Beqiri	10:00 - 11:00 **PARTYROBICS® CARDIO DANCE (BE)** Group Classes Studio | Regina Isabaeva	18:00 - 19:00 **Yogalates** Group Classes Studio | Olha Vercauteren		10:00 - 11:00 **Indoor Cycling** Group Classes Studio | Luc De Bruyne	11:00 - 12:00 **Indoor Cycling** Group Classes Studio | Tim Wynants
19:30 - 20:30 **BBB** Group Classes Studio | Dirk Noens	19:30 - 20:30 **Step** Group Classes Studio | Patricia Wuyts	20:00 - 21:00 **Indoor Cycling** Group Classes Studio | Luc De Bruyne	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Cedric Deceur			
20:30 - 21:30 **Indoor Cycling** Group Classes Studio | Luc De Bruyne	20:30 - 21:30 **Pilates** Group Classes Studio | Olha Vercauteren		20:00 - 20:30 **Core** Group Classes Studio | Cedric Deceur			
			20:30 - 21:30 **Indoor Cycling** Group Classes Studio | Tim Wynants			

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20:30 - 21:30 **Indoor Cycling** Luc De Bruyne	19:30 - 20:30 **Step** Group Classes Studio | Patricia Wuyts	20:00 - 21:00 **Indoor Cycling** Group Classes Studio | Luc De Bruyne	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Cedric Deceur			11:00 - 12:00 **Indoor Cycling** Group Classes Studio | Tim Wynants
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