

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
<p>10:30 - 11:30 Weight Health (SGT) Group Classes Studio Kim De Brabanter</p> <p>18:30 - 19:30 Pilates Group Classes Studio Jims Temse</p> <p>19:30 - 20:30 BBB Group Classes Studio Jims Temse</p> <p>20:30 - 21:30 Indoor Cycling Group Classes Studio Jims Temse</p>	<p>17:00 - 18:00 Start To Workout (SGT) Fitness Floor Kyra Van Hove</p> <p>18:30 - 19:30 Strength Training (SGT) Fitness Floor Agim Beqiri</p> <p>19:30 - 20:30 Step Group Classes Studio</p> <p>20:30 - 21:30 POP Pilates® Group Classes Studio</p>	<p>10:00 - 11:00 Go Functional (SGT) Group Classes Studio Kyra Van Hove</p> <p>18:00 - 19:00 Conditioning (SGT) Kim De Brabanter</p> <p>20:00 - 21:00 Indoor Cycling Group Classes Studio</p>	<p>19:00 - 20:00 Les Mills Bodypump™</p> <p>20:00 - 20:30 Core Group Classes Studio</p>	<p>10:00 - 11:00 PARTYROBICS® CARDIO DANCE (BE) Group Classes Studio</p>	<p>10:00 - 11:00 Indoor Cycling Group Classes Studio Jims Temse</p>	<p>09:30 - 10:30 Yoga</p>

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