Lessenrooster Jims Meerhout

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
19:00 - 20:00 **Pilates** Balie | Luna Vandenbergh	10:00 - 11:00 **Pilates** Balie | Luna Vandenbergh	10:00 - 11:00 **Start To Workout (SGT)** Balie | Lieze Mertens	18:00 - 18:45 **NOCCO HYBRID LABS (BE)** Balie | Luna Vandenbergh	10:00 - 11:00 **Forever Fit (SGT)** Balie | Lieze Mertens	09:00 - 10:00 **Core** Balie	
	19:00 - 20:00 **Les Mills Bodypump ™** Balie | Ignias Dierckx	18:00 - 19:00 **Healthy Back (SGT)** Balie | Luna Vandenbergh	19:00 - 20:00 **Les Mills Bodypump ™** Balie | Ignias Dierckx	19:00 - 19:45 **Move For Health (SGT)** Balie | Luna Vandenbergh	10:00 - 11:00 **Indoor Cycling** Cycling Cube | Kristien Thijs	
		19:00 - 20:00 **BBB** Balie | Jessica Gebruers	20:00 - 21:00 **Core** Balie			
		19:00 - 20:00 **Indoor Cycling** Cycling Cube | Wim Vandenbroeck	20:00 - 21:00 **Strength For Women (SGT)** Balie | Luna Vandenbergh			
		20:00 - 21:00 **Les Mills Bodybalance ™** Balie | Jessica Gebruers	21:00 - 21:45 **NOCCO HYBRID LABS (BE)** Balie | Luna Vandenbergh			

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