Lessenrooster Jims Maldegem

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:00 - 18:45 **Go Functional (SGT)** Group Classes Studio | Davy Bracke	19:00 - 20:00 **Burn** Group Classes Studio | Isabelle Huys	09:00 - 10:00 **Healthy Back (SGT)** Group Classes Studio | Davy Bracke	09:00 - 10:00 **Core** Group Classes Studio | Davy Bracke	18:00 - 19:00 **Strength Training (SGT)** Functional Zone	09:30 - 10:30 **Pilates** Group Classes Studio	
19:00 - 20:00 **Conditioning (SGT)** Group Classes Studio | Davy Bracke		18:00 - 18:45 **Move For Health (SGT)**	17:00 - 18:00 **Conditioning (SGT)** Group Classes Studio | Davy Bracke		10:30 - 11:30 **Strength Training (SGT)** Balie	
19:00 - 20:00 **Indoor Cycling** Cycling Studio		19:00 - 20:00 **Indoor Cycling**	18:00 - 19:00 **Start To Workout (SGT)** Balie		10:30 - 11:30 **Yoga** Group Classes Studio	
20:00 - 21:00 **Indoor Cycling** Magicline 2		19:00 - 20:00 **Zumba®** Group Classes Studio | Faye Porteman	19:00 - 20:00 **Burn** Group Classes Studio			
20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Lisa Piraux		20:00 - 21:00 **BBB**				
		20:00 - 21:00 **Indoor Cycling**				

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19:00 - 20:00 **Conditioning (SGT)** Group Classes Studio | Davy Bracke		18:00 - 18:45 **Move For Health (SGT)**	17:00 - 18:00 **Conditioning (SGT)** Group Classes Studio | Davy Bracke		10:30 - 11:30 **Strength Training (SGT)** Balie	
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