Lessenrooster Jims Tessenderlo

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
19:00 - 20:00 **Healthy Back (SGT)** Functional Zone | Tom Aerts	18:30 - 19:30 **Start To Workout (SGT)** Fitness Floor | Lucas Cantella	19:00 - 20:00 **Conditioning (SGT)** Functional Zone | Tom Aerts	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Lucas Cantella		09:30 - 10:30 **Les Mills Bodypump ™** Functional Zone | Valerie Haelen	

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Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 10:00 **Weight Health (SGT)** Fitness Floor | Naomi De Wolf	18:30 - 19:30 **Start To Workout (SGT)** Fitness Floor | Lucas Cantella	19:00 - 20:00 **Conditioning (SGT)** Functional Zone | Laurens Bollen	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Lucas Cantella		09:30 - 10:30 **Les Mills Bodypump ™** Functional Zone | Valerie Haelen	
19:00 - 20:00 **Healthy Back (SGT)** Functional Zone | Laurens Bollen						