Lessenrooster Jims Opwijk

Cube ■ Small Group Training

MAANDAG

19:00 - 20:00
Dance
| Peggy Detrixhe

20:00 - 21:00
Get stronger
Group Classes Studio | Peggy Detrixhe

DINSDAG

18:30 - 19:30
Yoga

19:30 - 20:30
Zumba®
Group Classes Studio | Peggy Detrixhe

WOENSDAG

10:00 - 11:00
Forever Fit (SGT)
Group Classes Studio | Karolien Bien

19:00 - 20:00
Total Body Conditioning
Group Classes Studio | Katrien Lesgever

20:00 - 21:00
Les Mills Bodybalance ™
Group Classes Studio | Katrien Lesgever

DONDERDAG

17:00 - 18:00
Start To Workout (SGT)
| Nicolas De Vos

19:00 - 20:00
Get stronger
Group Classes Studio | Peggy Detrixhe

20:00 - 21:00
Zumba®
Group Classes Studio | Peggy Detrixhe

VRIJDAG

10:00 - 10:30
Mobility (SGT)
Group Classes Studio | Karolien Bien

ZATERDAG

13:00 - 14:00
Strength For Women (SGT)
Group Classes Studio | Thorsten Cobbaut

ZONDAG

10:00 - 11:00
Yoga
Group Classes Studio

Lessenrooster Jims Opwijk

Cube ■ Small Group Training

MAANDAG

18:00 - 19:00
Squat Bench Deadlift (SGT)
| Thorsten Cobbaut

19:00 - 20:00
Dance
| Peggy Detrixhe

20:00 - 21:00
Get stronger
Group Classes Studio | Peggy Detrixhe

DINSDAG

09:00 - 09:30
Go Functional (SGT)
| Nicolas De Vos

18:30 - 19:30
Yoga

19:30 - 20:30
Zumba®
Group Classes Studio | Peggy Detrixhe

WOENSDAG

10:00 - 11:00
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ZONDAG

10:00 - 11:00
Yoga
Group Classes Studio