# Lessenrooster Jims Opwijk

Cube  Small Group Training

| MAANDAG | DINSDAG | WOENSDAG | DONDERDAG | VRIJDAG | ZATERDAG | ZONDAG |
|---|---|---|---|---|---|---|
| 10:00 - 10:30<br>**Mobility**<br>Group Classes Studio \| Thorsten Cobbaut | 10:00 - 10:30<br>**Core**<br>Group Classes Studio \| Nicolas De Vos | 10:00 - 11:00<br>**Forever Fit (SGT)**<br>Group Classes Studio \| Nicolas De Vos | 19:00 - 20:00<br>**GO HYBRID SGT(BE)**<br>Senna Bombeeck | 10:00 - 10:30<br>**Mobility (SGT)**<br>Group Classes Studio \| Senna Bombeeck | 10:00 - 11:00<br>**Les Mills Bodypump ™**<br>Group Classes Studio \| Celien Rubbrecht | 10:00 - 11:00<br>**Yoga** |
| 19:00 - 20:00<br>**GO HYBRID SGT(BE)**<br>Nicolas De Vos | 18:30 - 19:30<br>**Yoga**<br>Group Classes Studio \| Elke Roessems | 18:00 - 19:00<br>**Boxing**<br>Thorsten Cobbaut | 19:00 - 20:00<br>**Les Mills Bodypump ™**<br>Group Classes Studio \| Peggy Detrixhe | 18:00 - 18:45<br>**Les Mills Pilates ™**<br>Celien Rubbrecht | 11:00 - 11:45<br>**Les Mills Pilates ™**<br>Group Classes Studio \| Celien Rubbrecht | 11:00 - 12:00<br>**Les Mills Bodypump ™**<br>Group Classes Studio \| Celien Rubbrecht |
| 19:00 - 20:00<br>**SHiNE Dance Fitness**<br>Group Classes Studio \| Peggy Detrixhe | 19:30 - 20:30<br>**Zumba®**<br>Group Classes Studio \| Peggy Detrixhe | 19:00 - 20:00<br>**Start To Workout (SGT)**<br>Stefaan De Plus | 20:00 - 21:00<br>**Zumba®**<br>Group Classes Studio \| Peggy Detrixhe | | | 13:00 - 14:00<br>**Boxing**<br>Group Classes Studio \| Thorsten Cobbaut |
| 20:00 - 21:00<br>**Les Mills Bodypump ™**<br>Peggy Detrixhe | | 19:00 - 20:00<br>**Total Body Conditioning**<br>Group Classes Studio \| Katrien Junius | | | | |
| | | 20:00 - 21:00<br>**Les Mills Bodybalance ™**<br>Group Classes Studio \| Katrien Junius | | | | |

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| 20:00 - 21:00<br>**Les Mills Bodypump ™**<br>Peggy Detrixhe | | | | | | |