Lessenrooster Jims Ekeren

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:30 - 19:30 **Healthy Back (SGT)** Fitness Floor | Lander Engelbeens	19:00 - 19:30 **ABDO WOD (BE)** Group Classes Studio | Ilse Willeme	12:30 - 13:30 **Strength Training (SGT)** Fitness Floor | Jenny Smeets	09:00 - 10:00 **Pilates** Group Classes Studio | Jenny Smeets	18:30 - 19:30 **Go Functional (SGT)** Functional Zone | Robin Brys	09:30 - 10:30 **STRONG Nation®** JIMS Ekeren	
19:00 - 20:00 **STRONG Nation®**	19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Robin Brys	18:00 - 19:00 **STRONG Nation®**	18:30 - 19:30 **Indoor Cycling** Group Classes Studio | JIMS Ekeren	19:00 - 20:00 **Boxing** JIMS Ekeren	10:30 - 11:00 **CIRCL MOBILITY™ (BE)** JIMS Ekeren	
	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	18:30 - 19:30 **Start To Workout (SGT)** Fitness Floor | Lander Engelbeens	19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Lander Engelbeens	19:30 - 20:30 **Start To Workout (SGT)** Fitness Floor | Robin Brys	12:30 - 13:30 **Total Body Conditioning** Group Classes Studio | JIMS Ekeren	
		19:00 - 20:00 **Boxing** Group Classes Studio | JIMS Ekeren	19:30 - 20:00 **Booty** Group Classes Studio | Nancy Van Hoornick			
		20:00 - 21:00 **Indoor Cycling** Group Classes Studio | JIMS Ekeren	20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Nancy Van Hoornick			

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