Lessenrooster Jims Zonhoven

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
17:30 - 18:30 **Start To Workout (SGT)** Ugur Tuna	15:00 - 16:00 **Go Functional (SGT)** Functional Zone | Ugur Tuna	11:00 - 11:30 **Mobility (SGT)** Gardy Dreesen	18:00 - 19:00 **Yoga** Functional Zone | Demet Karatas	18:30 - 19:30 **BBB** Functional Zone | Raeven Anja	09:00 - 10:00 **Pilates** Functional Zone	09:00 - 10:00 **BBB** Functional Zone | Raeven Anja
19:00 - 20:00 **Les Mills Bodypump ™** Functional Zone	19:00 - 20:00 **Les Mills Bodypump ™**	17:00 - 18:00 **Dance** Functional Zone | Femke Celen	19:30 - 20:30 **Indoor Cycling**	19:30 - 20:30 **HIIT** Functional Zone | Raeven Anja	10:00 - 11:00 **Yoga** Body & Mind Cube	10:00 - 11:00 **Boxing**
20:00 - 21:00 **Total Body Conditioning** Functional Zone	20:00 - 21:00 **Indoor Cycling** Functional Zone	18:00 - 18:30 **Core** Functional Zone | Femke Celen				11:00 - 12:00 **Yoga** Body & Mind Cube | Demet Karatas
		19:00 - 20:00 **Yoga** Body & Mind Cube				
		20:00 - 21:00 **Pilates** Functional Zone				

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