

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 11:00 Start To Workout (SGT) Fitness Floor Gauthier Standaert	17:30 - 18:00 Core Group Classes Studio Jims Roeselare	20:00 - 21:00 BOXING CUBE (BE) Boxing Cube Thibo Hellebuyck	18:00 - 19:00 Strength For Women (SGT) Group Classes Studio Liselore Smeets		10:30 - 12:00 BOXING CUBE (BE) Boxing Cube Thibo Hellebuyck	
18:00 - 19:00 Strength For Women (SGT) Group Classes Studio Liselore Smeets	18:00 - 19:00 Hybrid X Functional Zone Gauthier Standaert		18:45 - 19:45 Kickboxing Boxing Cube Frederick Derijcke			
19:00 - 20:00 Calisthenics Functional Zone Marlon D'hoore	18:00 - 19:00 Les Mills Bodypump™ Group Classes Studio Jims Roeselare		19:15 - 20:00 Pilates Group Classes Studio Haidi Al Mohcen			
19:00 - 20:00 Les Mills Bodypump™ Group Classes Studio Jims Roeselare	20:00 - 21:00 AFRODANCE (BE) Group Classes Studio Mike Ngoyi ilunga		19:30 - 20:30 Hybrid X Functional Zone Gauthier Standaert			
			20:00 - 21:00 Self Defense Boxing Cube Jims Roeselare			

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