Lessenrooster Jims Hasselt

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
08:00 - 09:00 **HIIT** Fitness Floor | Micha Bellen	18:00 - 19:00 **Conditioning (SGT)** Fitness Floor | Fadi Ait El Fassi	08:00 - 09:00 **HIIT** Fitness Floor | Micha Bellen	08:00 - 09:00 **BBB** Group Classes Studio | Michèle Germeau	08:00 - 09:00 **HIIT** Fitness Floor | Micha Bellen	10:00 - 11:00 **HIIT** Fitness Floor | Micha Bellen	09:15 - 10:15 **Pilates** Group Classes Studio | Karlien Bams
09:00 - 10:00 **Boxing** Group Classes Studio | Micha Bellen	19:00 - 20:00 **ZUMBA LIFT (BE)** Group Classes Studio | Rodica Telescu-Heeren	10:00 - 11:00 **Forever Fit (SGT)** Fitness Floor | Danielle Schotman	09:00 - 10:00 **Les Mills Bodybalance ™** Group Classes Studio | Michèle Germeau	09:00 - 10:00 **Boxing** Group Classes Studio | Micha Bellen	11:00 - 12:00 **Boxing** Group Classes Studio | Micha Bellen	10:15 - 11:15 **Yoga** Group Classes Studio | Karlien Bams
18:00 - 19:00 **STRETCHING** Group Classes Studio | ZAINA MAATOUK	20:00 - 21:00 **BODY & MIND (BE)** Lorena Sejdo	11:15 - 12:15 **NOCCO HYBRID LABS (BE)** Fitness Floor | Jarne Ameele	10:30 - 11:30 **Yin Yoga** Group Classes Studio | Nell Bauduin	11:30 - 12:30 **Yoga** Group Classes Studio | Chiara Corneillie		
19:00 - 20:00 **Step** Group Classes Studio | Daniel Doroftei		17:45 - 18:45 **Yoga** Group Classes Studio | Chiara Corneillie	17:00 - 18:00 **NOCCO HYBRID LABS (BE)** Fitness Floor | Jarne Ameele			
19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Laïse Saro		19:00 - 20:00 **SOUND BATH (BE)** Group Classes Studio | Bianca Krings	18:30 - 19:00 **BBB** Group Classes Studio | Bjorn Wouters			
		19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Laïse Saro	19:00 - 20:00 **Pilates** Group Classes Studio | Karlien Bams			

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09:00 - 10:00 **Boxing** Group Classes Studio | Micha Bellen	19:00 - 20:00 **ZUMBA LIFT (BE)** Group Classes Studio | Rodica Telescu-Heeren	10:00 - 11:00 **Forever Fit (SGT)** Fitness Floor | Danielle Schotman	09:00 - 10:00 **Les Mills Bodybalance ™** Group Classes Studio | Michèle Germeau	09:00 - 10:00 **Boxing** Group Classes Studio | Micha Bellen	11:00 - 12:00 **Boxing** Group Classes Studio | Micha Bellen	10:15 - 11:15 **Yoga** Group Classes Studio | Karlien Bams
18:00 - 19:00 **STRETCHING** Group Classes Studio | ZAINA MAATOUK	20:00 - 21:00 **BODY & MIND (BE)** Lorena Sejdo	11:15 - 12:15 **Start To Workout (SGT)** Fitness Floor | Jarne Ameele	10:30 - 11:30 **Yin Yoga** Group Classes Studio | Nell Bauduin	11:30 - 12:30 **Yoga** Group Classes Studio | Chiara Corneillie		
19:00 - 20:00 **Step** Group Classes Studio | Daniel Doroftei		17:45 - 18:45 **Yoga** Group Classes Studio | Chiara Corneillie	18:00 - 19:00 **Go Functional (SGT)** Fitness Floor | Danielle Schotman			
19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Laïse Saro		19:00 - 20:00 **SOUND BATH (BE)** Group Classes Studio | Bianca Krings	18:30 - 19:00 **BBB** Group Classes Studio | Bjorn Wouters			
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