Lessenrooster Jims Oostkamp

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
17:30 - 18:30 **Strength For Women (SGT)** Emmanuelle Decoster	17:00 - 18:00 **POP Pilates®** Group Classes Studio | Cromwell Cuvalay	16:00 - 17:00 **Start To Workout (SGT)** Fitness Floor | Key De Weerdt	17:00 - 18:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Key De Weerdt	08:30 - 09:30 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Galdino Noreillie	09:00 - 10:00 **Zumba®** Group Classes Studio | Mike Ngoyi ilunga	09:00 - 10:00 **Strength For Women (SGT)** Functional Zone | Key De Weerdt
18:00 - 19:00 **Pilates** Group Classes Studio | Katrien Dutry	18:00 - 19:00 **Conditioning (SGT)** Functional Zone | Galdino Noreillie	17:00 - 18:00 **BOXING FUNDAMENTALS (BE)** Group Classes Studio | Jaron Van de Kerckhove	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Annelies Raes	09:00 - 10:00 **Pilates** Group Classes Studio | Katrien Dutry	10:00 - 10:30 **Mobility** Functional Zone | Jaron Van de Kerckhove	10:45 - 11:45 **Step** Group Classes Studio
18:30 - 19:30 **GO HYBRID SGT(BE)** Functional Zone | Emmanuelle Decoster	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Cromwell Cuvalay	18:00 - 19:00 **Core** Group Classes Studio	20:00 - 21:00 **Les Mills Bodyattack ™** Group Classes Studio | Cromwell Cuvalay	17:30 - 18:30 **Yoga** Group Classes Studio | Joke Verkeyn	10:35 - 11:05 **Core** Group Classes Studio | Jaron Van de Kerckhove	11:00 - 12:00 **Hybrid X** Key De Weerdt
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Annelies Raes	19:00 - 20:00 **Go Functional (SGT)** Functional Zone | Jaron Van de Kerckhove	19:00 - 20:00 **Step** Group Classes Studio | shauni Bruynseels		18:30 - 19:30 **HIIT** Functional Zone | Key De Weerdt	11:05 - 12:05 **Boxing** Group Classes Studio | Jaron Van de Kerckhove	
20:00 - 21:00 **AFRODANCE (BE)** Group Classes Studio | Mike Ngoyi ilunga	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Cromwell Cuvalay	20:00 - 21:00 **Yoga** Group Classes Studio | shauni Bruynseels		19:30 - 20:30 **Strength For Women (SGT)** Functional Zone | Emmanuelle Decoster		

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