# Horaire de cours Jims Kuurne

Cube  Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 10:00 - 10:45<br>**Move For Health (SGT)**<br>Fitness Floor \| Maxim Delrue | 19:00 - 20:00<br>**BBB**<br>Group Classes Studio \| Eva Simons | 10:00 - 11:00<br>**Weight Health (SGT)**<br>Fitness Floor \| Merlijn Vanden Bogaerde | 17:00 - 17:45<br>**NOCCO HYBRID LABS (BE)**<br>Functional Zone \| Ilyes Sliti | 18:00 - 18:45<br>**Healthy Back (SGT)**<br>Fitness Floor \| Maxim Delrue | 09:30 - 10:30<br>**Yoga**<br>Body & Mind Cube \| Lisa Tijtgat | 10:00 - 11:00<br>**Pilates**<br>Body & Mind Cube \| Sam Dewilde |
| 18:00 - 19:00<br>**Conditioning (SGT)**<br>Boxing Cube \| Ilyes Sliti | 19:00 - 20:00<br>**Squat Bench Deadlift (SGT)**<br>Fitness Floor \| Merlijn Vanden Bogaerde | 18:00 - 18:30<br>**Go Functional (SGT)**<br>Functional Zone \| Ilyes Sliti | 18:00 - 18:45<br>**NOCCO HYBRID LABS (BE)**<br>Functional Zone \| Maxim Delrue | | 10:00 - 11:00<br>**Indoor Cycling**<br>Group Classes Studio \| Ruth Bourgeois | 11:00 - 12:00<br>**Total Body Conditioning**<br>Boxing Cube \| Yorick Vermeulen |
| 19:00 - 20:00<br>**Les Mills Bodyattack ™**<br>Group Classes Studio \| Lander Vanden Broucke | 19:00 - 20:00<br>**Total Body Conditioning**<br>Boxing Cube \| Yorick Vermeulen | 18:00 - 19:00<br>**Pilates**<br>Body & Mind Cube \| Marlies Vanhauwaert | 18:30 - 19:30<br>**Muay Thai**<br>Boxing Cube \| Krien Delporte | | 10:00 - 11:00<br>**Total Body Conditioning**<br>Boxing Cube \| Yorick Vermeulen | |
| 19:00 - 20:00<br>**Muay Thai**<br>Boxing Cube \| Krien Delporte | 20:00 - 21:00<br>**Boxing**<br>Boxing Cube \| Thibo Hellebuyck | 18:30 - 19:30<br>**GO HYBRID SGT(BE)**<br>Functional Zone \| Ilyes Sliti | 19:00 - 20:00<br>**Les Mills Bodyattack ™**<br>Group Classes Studio \| Lander Vanden Broucke | | 11:00 - 12:00<br>**Get stronger**<br>Functional Zone \| Dolindsya Filez | |
| 20:00 - 21:00<br>**Total Body Conditioning**<br>Boxing Cube \| Yorick Vermeulen | 20:00 - 20:45<br>**Strength For Women (SGT)**<br>Fitness Floor \| Maxim Delrue | 19:00 - 20:00<br>**Pilates**<br>Body & Mind Cube \| Marlies Vanhauwaert | 19:00 - 19:45<br>**NOCCO HYBRID LABS (BE)**<br>Functional Zone \| Merlijn Vanden Bogaerde | | 11:00 - 12:00<br>**Power**<br>Group Classes Studio \| Ruth Bourgeois | |
| | | 19:00 - 20:00<br>**Power**<br>Group Classes Studio \| Ruth Bourgeois | 19:00 - 20:00<br>**Pilates**<br>Body & Mind Cube \| Ruth Bourgeois | | | |
| | | 19:30 - 20:30<br>**Kickboxing**<br>Boxing Cube \| Frederick Derijcke | 20:00 - 21:00<br>**Boxing**<br>Boxing Cube \| Thibo Hellebuyck | | | |
| | | 20:00 - 21:00<br>**BBB**<br>Group Classes Studio \| Ruth Bourgeois | 20:00 - 21:00<br>**Dance**<br>Body & Mind Cube \| Eyfke Rouyre | | | |

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| 18:00 - 19:00<br>**Conditioning (SGT)**<br>Boxing Cube \| Ilyes Sliti | 19:00 - 20:00<br>**Squat Bench Deadlift (SGT)**<br>Fitness Floor \| Merlijn Vanden Bogaerde | 18:00 - 18:30<br>**Go Functional (SGT)**<br>Functional Zone \| Ilyes Sliti | 18:30 - 19:30<br>**Muay Thai**<br>Boxing Cube \| Krien Delporte | | 10:00 - 11:00<br>**Indoor Cycling**<br>Group Classes Studio \| Ruth Bourgeois | 11:00 - 12:00<br>**Total Body Conditioning**<br>Boxing Cube \| Yorick Vermeulen |
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| 19:00 - 20:00<br>**Muay Thai**<br>Boxing Cube \| Krien Delporte | 20:00 - 21:00<br>**Boxing**<br>Boxing Cube \| Thibo Hellebuyck | 18:30 - 19:30<br>**GO HYBRID SGT(BE)**<br>Functional Zone \| Ilyes Sliti | 19:00 - 20:00<br>**Moving Mom (SGT)**<br>Functional Zone \| Merlijn Vanden Bogaerde | | 11:00 - 12:00<br>**Get stronger**<br>Functional Zone \| Dolindsya Filez | |
| 20:00 - 21:00<br>**Total Body Conditioning**<br>Boxing Cube \| Yorick Vermeulen | 20:00 - 20:45<br>**Strength For Women (SGT)**<br>Fitness Floor \| Maxim Delrue | 19:00 - 20:00<br>**Pilates**<br>Body & Mind Cube \| Marlies Vanhauwaert | 19:00 - 20:00<br>**Pilates**<br>Body & Mind Cube \| Ruth Bourgeois | | 11:00 - 12:00<br>**Muay Thai**<br>Boxing Cube \| Krien Delporte | |
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