Horaire de cours Jims Anvers - Berchem

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Natassia Smeets	12:00 - 13:00 **Start To Workout (SGT)** Functional Zone | JIMS Antwerpen		18:30 - 19:30 **COACH BY COLOR® Cycling (BE)** Group Classes Studio | John Caubo	09:00 - 10:00 **Yoga** Group Classes Studio | Nadejda Poleshyk	09:15 - 10:15 **Les Mills Bodypump ™** Group Classes Studio | Sarah Van Gastel	10:15 - 11:15 **Yoga** Body & Mind Cube | Limber McEwan
19:45 - 20:45 **Les Mills Bodycombat ™** Group Classes Studio | Natassia Smeets	18:00 - 19:00 **COACH BY COLOR® Cycling (BE)** Group Classes Studio | Maria Kokoeva		19:00 - 20:00 **Forever Fit (SGT)** Functional Zone | Ilyas Laamiri	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | JIMS Antwerpen		11:00 - 12:00 **COACH BY COLOR® Cycling (BE)** Group Classes Studio | John Caubo
	19:00 - 20:00 **Forever Fit (SGT)** Functional Zone | Ilyas Laamiri		19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Natassia Smeets			

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18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Natassia Smeets	12:00 - 13:00 **Start To Workout (SGT)** Functional Zone | JIMS Antwerpen	20:00 - 21:00 **Boxing** Group Classes Studio | Ilyas Laamiri	10:00 - 11:00 **NOCCO HYBRID LABS (BE)** Functional Zone | JIMS Antwerpen	09:00 - 10:00 **Yoga** Group Classes Studio | Nadejda Poleshyk	09:15 - 10:15 **Les Mills Bodypump ™** Group Classes Studio | Sarah Van Gastel	10:15 - 11:15 **Yoga** Body & Mind Cube | Limber McEwan
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