Horaire de cours Jims Louvain Slachthuislaan

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **BBB** Group Classes Studio | Laetitia Faut	18:00 - 19:00 **Les Mills Bodybalance ™** Group Classes Studio | EMILIE CLAEYS		18:00 - 19:00 **Healthy Back (SGT)** Fitness Floor | Senne Briesen	09:30 - 10:30 **BBB** Group Classes Studio | Laetitia Faut	10:00 - 11:00 **Zumba®** Group Classes Studio | Ivana Komlenski	09:00 - 10:00 **The circle** Group Classes Studio | Laetitia Faut
18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Jesse Mellaerts	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Jesse Mellaerts		18:00 - 19:00 **The circle** Group Classes Studio | Laetitia Faut	09:30 - 10:15 **Move For Health (SGT)** Fitness Floor | Lennart Van Humbeeck	11:00 - 12:00 **Bootcamp** Group Classes Studio | Sara Gorter	10:00 - 11:00 **BBB** Group Classes Studio | Laetitia Faut
19:00 - 20:00 **Burn** Group Classes Studio | Laetitia Faut	19:00 - 20:00 **Zumba®** Group Classes Studio | EMILIE CLAEYS		19:00 - 20:00 **Power** Group Classes Studio | Willem Van Assche	10:45 - 11:45 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Laetitia Faut	12:00 - 13:00 **Pilates** Group Classes Studio | Jims Leuven Slachthuislaan	11:15 - 12:15 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Laetitia Faut
19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Yassine Lahbiri	20:00 - 21:00 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Willem Van Assche		19:15 - 20:15 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Laetitia Faut	18:30 - 19:30 **Yoga** Group Classes Studio | Lore Kerkhofs		12:30 - 13:30 **Pilates** Group Classes Studio | Anaelle Hendrickx
20:15 - 21:15 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Laetitia Faut	20:00 - 21:00 **Strength For Women (SGT)** Fitness Floor | Yassine Lahbiri		20:00 - 21:00 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Willem Van Assche	19:30 - 20:30 **Dance** Group Classes Studio | Anaelle Hendrickx		
20:15 - 21:15 **Dance** Group Classes Studio | Anaelle Hendrickx			20:00 - 21:00 **Strength For Women (SGT)** Fitness Floor | Yassine Lahbiri	20:45 - 21:45 **Pilates** Group Classes Studio | Anaelle Hendrickx		
			20:15 - 21:15 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Laetitia Faut			
			21:00 - 22:00 **Pilates** Group Classes Studio | Jims Leuven Slachthuislaan			

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Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **BBB** Group Classes Studio | Laetitia Faut	18:00 - 19:00 **Yoga** Group Classes Studio | Karin Kosmelova	09:30 - 10:30 **BBB** Group Classes Studio | Laetitia Faut	18:00 - 19:00 **Healthy Back (SGT)** Fitness Floor | Senne Briesen	09:30 - 10:30 **BBB** Group Classes Studio | Laetitia Faut	10:00 - 11:00 **Zumba®** Group Classes Studio | Ivana Komlenski	09:00 - 10:00 **The circle** Group Classes Studio | Laetitia Faut
18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Jesse Mellaerts	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Jesse Mellaerts	12:30 - 13:30 **Pilates** Group Classes Studio | Jims Leuven Slachthuislaan	19:00 - 19:45 **NOCCO HYBRID LABS (BE)** Functional Zone | Senne Briesen	09:30 - 10:15 **Move For Health (SGT)** Fitness Floor | Lennart Van Humbeeck	11:00 - 12:00 **Bootcamp** Group Classes Studio | Sara Gorter	10:00 - 11:00 **BBB** Group Classes Studio | Laetitia Faut
19:00 - 20:00 **Burn** Group Classes Studio | Laetitia Faut	19:00 - 20:00 **Zumba®** Group Classes Studio | EMILIE CLAEYS	18:00 - 19:00 **Yoga** Group Classes Studio | Karin Kosmelova	19:00 - 20:00 **Power** Group Classes Studio | Willem Van Assche	10:45 - 11:45 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Laetitia Faut	12:00 - 13:00 **Pilates** Group Classes Studio | Jims Leuven Slachthuislaan	11:15 - 12:15 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Laetitia Faut
19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Yassine Lahbiri	20:00 - 21:00 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Willem Van Assche	19:00 - 20:00 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Jims Leuven Slachthuislaan	19:15 - 20:15 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Laetitia Faut	18:30 - 19:30 **Yoga** Group Classes Studio | Lore Kerkhofs		12:30 - 13:30 **Pilates** Group Classes Studio | Anaelle Hendrickx
20:15 - 21:15 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Laetitia Faut	20:00 - 21:00 **Strength For Women (SGT)** Fitness Floor | Yassine Lahbiri	19:00 - 20:00 **Dance** Group Classes Studio | Anaelle Hendrickx	20:00 - 21:00 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Willem Van Assche	19:30 - 20:30 **Dance** Group Classes Studio | Anaelle Hendrickx		
20:15 - 21:15 **Dance** Group Classes Studio | Anaelle Hendrickx		19:00 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Senne Briesen	20:00 - 21:00 **Strength For Women (SGT)** Fitness Floor | Yassine Lahbiri	20:45 - 21:45 **Pilates** Group Classes Studio | Anaelle Hendrickx		
		20:00 - 21:00 **Strength For Women (SGT)** Fitness Floor | Yassine Lahbiri	20:15 - 21:15 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Laetitia Faut			
		20:15 - 21:15 **Pilates** Group Classes Studio | Anaelle Hendrickx				