Horaire de cours Jims Gand Overpoort

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Aurore Shimwa	12:00 - 13:00 **Icebath** Body & Mind Cube | Ryan Cruz	18:00 - 19:00 **Burn** Group Classes Studio | Leslie Page	17:00 - 17:45 **NOCCO HYBRID LABS (BE)** Fitness Floor | Ryan Cruz	18:00 - 19:00 **Burn** Group Classes Studio | Astrid Massé	10:30 - 11:30 **UBOUND ®** Group Classes Studio | Niels De Baets	11:00 - 12:00 **Hatha Yoga** Body & Mind Cube | André Galle
18:00 - 19:00 **Boxing** Group Classes Studio | Akbulak Berkay	18:00 - 18:30 **Total Body Conditioning** Group Classes Studio | Astrid Massé	18:00 - 19:00 **GO HYBRID SGT(BE)** Fitness Floor | JIMS Gent Overpoort	18:00 - 19:00 **Les Mills Bodycombat ™** Group Classes Studio | Astrid Massé	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Astrid Massé	11:00 - 12:00 **Kundalini Yoga** Body & Mind Cube | Greta De Maertelaere	
19:00 - 20:00 **Pilates** Body & Mind Cube | Leonie Van campe	18:30 - 19:00 **Core** Group Classes Studio | Astrid Massé	19:00 - 20:00 **Power Pilates Cube (BE)** Body & Mind Cube | Leslie Page	18:00 - 18:45 **NOCCO HYBRID LABS (BE)** Fitness Floor | Ryan Cruz		12:45 - 13:30 **Move For Health (SGT)** Fitness Floor | Quinten Dhaemer Gripe	
19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Stephen Harrison	18:30 - 19:00 **Mobility** Body & Mind Cube | Naomi Hubert	19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Stephen Harrison	19:00 - 20:00 **BBB** Group Classes Studio | Dana Sprung			
19:00 - 20:00 **UBOUND ®** Group Classes Studio | Niels De Baets	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Astrid Massé	19:30 - 20:30 **Boxing** Group Classes Studio | Akbulak Berkay	19:30 - 21:00 **Vinyasa Yoga** Body & Mind Cube | Simon Moeyaert			
20:00 - 21:00 **Power Yoga** Body & Mind Cube | Leonie Van campe	19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Stephen Harrison		20:00 - 21:00 **PILATES FUSION® (BE)** Group Classes Studio | Naomi Hubert			
20:30 - 21:30 **Les Mills Bodypump ™** Group Classes Studio | An De Decker	20:00 - 21:00 **Les Mills Bodybalance ™** Body & Mind Cube | Annelies Bombeeck					

Horaire de cours Jims Gand Overpoort

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Aurore Shimwa	12:00 - 13:00 **Icebath** Body & Mind Cube | Ryan Cruz	13:00 - 14:00 **Icebath** Body & Mind Cube | Ryan Cruz	18:00 - 19:00 **Les Mills Bodycombat ™** Group Classes Studio | Astrid Massé	18:00 - 19:00 **Burn** Group Classes Studio | Astrid Massé	10:30 - 11:30 **Start To Workout (SGT)** Fitness Floor | Naomi Hubert	11:00 - 12:00 **Hatha Yoga** Body & Mind Cube | André Galle
18:00 - 19:00 **Boxing** Group Classes Studio | Akbulak Berkay	18:00 - 18:30 **Total Body Conditioning** Group Classes Studio | Astrid Massé	18:00 - 19:00 **Burn** Group Classes Studio | Leslie Page	19:30 - 21:00 **Vinyasa Yoga** Body & Mind Cube | Simon Moeyaert	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Astrid Massé	10:30 - 11:30 **UBOUND ®** Group Classes Studio | Niels De Baets	
19:00 - 20:00 **Pilates** Body & Mind Cube | Leonie Van campe	18:30 - 19:00 **Core** Group Classes Studio | Astrid Massé	18:00 - 19:00 **GO HYBRID SGT(BE)** Fitness Floor | Ryan Cruz	20:00 - 21:00 **PILATES FUSION® (BE)** Group Classes Studio | Naomi Hubert		11:00 - 12:00 **Kundalini Yoga** Body & Mind Cube | Greta De Maertelaere	
19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Stephen Harrison	18:30 - 19:00 **Mobility** Body & Mind Cube | Naomi Hubert	19:00 - 20:00 **Power Pilates Cube (BE)** Body & Mind Cube | Leslie Page			12:00 - 13:00 **Strength Training (SGT)** Fitness Floor | Stephen Harrison	
19:00 - 20:00 **UBOUND ®** Group Classes Studio | Niels De Baets	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Astrid Massé	19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Stephen Harrison			12:45 - 13:30 **Move For Health (SGT)** Fitness Floor | Quinten Dhaemer Gripe	
20:00 - 21:00 **Power Yoga** Body & Mind Cube | Leonie Van campe	19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Stephen Harrison	19:30 - 20:30 **Boxing** Group Classes Studio | Akbulak Berkay				
20:30 - 21:30 **Les Mills Bodypump ™** Group Classes Studio | An De Decker	20:00 - 21:00 **Les Mills Bodybalance ™** Body & Mind Cube | Annelies Bombeeck					