Horaire de cours Jims Gand Dok Noord

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Pascale Roorda	12:00 - 13:00 **Pilates** Group Classes Studio | Laura Parmentier	09:15 - 10:15 **Pilates** Group Classes Studio | Mara Oud	10:00 - 11:00 **Pilates** Group Classes Studio | Gaetane Callens	18:00 - 19:00 **Strength For Women (SGT)** Functional Zone | Yasin Karadag	10:00 - 11:00 **Les Mills RPM ™** Cycling Cube | Daisy Dejonghe	09:45 - 10:45 **Les Mills Bodypump ™** Group Classes Studio | An De Decker
18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | Priscilla Oduro	18:00 - 19:00 **Strength Training (SGT)** Functional Zone | Priscilla Oduro	10:15 - 11:15 **Mobility** Mara Oud	18:00 - 19:00 **Moving Mom (SGT)** Functional Zone | Dylan Paul	19:30 - 20:30 **Cardio Boxing** Group Classes Studio | Ronny De Groeve	11:00 - 12:00 **BBB** Group Classes Studio | Daisy Dejonghe	10:00 - 11:00 **HYROX** Functional Zone | Yasin Karadag
19:00 - 20:00 **BBB** Group Classes Studio	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Malou Berckmoes		18:00 - 19:00 **Pilates** Gaetane Callens			11:00 - 12:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | An De Decker
19:00 - 20:00 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Hannah Vannut	19:15 - 20:15 **Pilates** Group Classes Studio | Andrea Daniela Cobo Torres		19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Katleen De Temmerman			11:00 - 12:00 **Strength For Women (SGT)** Functional Zone | Malou Berckmoes
19:00 - 20:00 **Strength Training (SGT)** Functional Zone | Dylan Paul	20:15 - 21:15 **Vinyasa Yoga** Group Classes Studio | Andrea Daniela Cobo Torres		19:00 - 20:00 **Calisthenics** Functional Zone | Yasin Karadag			12:00 - 13:00 **Calisthenics** Functional Zone | Yasin Karadag
20:00 - 21:00 **Go Functional (SGT)** Functional Zone | Yasin Karadag			19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | silina niils			
20:00 - 21:00 **Les Mills Bodyattack ™** Group Classes Studio | Olivier Ockers			20:00 - 21:00 **HYROX** Functional Zone | Dylan Paul			
			20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Katleen De Temmerman			

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LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Pascale Roorda	12:00 - 13:00 **Pilates** Group Classes Studio | Laura Parmentier	07:30 - 08:30 **Pilates** Group Classes Studio | Mara Oud	10:00 - 11:00 **Pilates** Group Classes Studio | Gaetane Callens	18:00 - 19:00 **Strength For Women (SGT)** Functional Zone | Yasin Karadag	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Pascale Roorda	09:45 - 10:45 **Les Mills Bodypump ™** Group Classes Studio | An De Decker
18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | Priscilla Oduro	18:00 - 19:00 **Strength Training (SGT)** Functional Zone | Priscilla Oduro	08:30 - 09:30 **Mobility** Mara Oud	12:15 - 13:00 **NOCCO HYBRID LABS (BE)** Functional Zone | Jules De Jonghe	19:30 - 20:30 **Cardio Boxing** Group Classes Studio | Ronny De Groeve		10:00 - 11:00 **HYROX** Functional Zone | Yasin Karadag
19:00 - 20:00 **BBB** Group Classes Studio | Olivier Ockers	18:15 - 19:15 **Zumba®** Group Classes Studio | Sarah Croes	18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | Dylan Paul	18:00 - 19:00 **Moving Mom (SGT)** Functional Zone | Dylan Paul			11:00 - 12:00 **COACH BY COLOR® Cycling (BE)** Group Classes Studio | An De Decker
19:00 - 20:00 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Hannah Vannut	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Malou Berckmoes	18:30 - 19:30 **Yin Yoga** Group Classes Studio | Judith De Mulder	18:00 - 19:00 **Pilates** Gaetane Callens			11:00 - 12:00 **Strength For Women (SGT)** Functional Zone | Malou Berckmoes
19:00 - 20:00 **Strength Training (SGT)** Functional Zone | Dylan Paul	19:15 - 20:15 **Pilates** Group Classes Studio | Andrea Daniela Cobo Torres	19:00 - 20:00 **HYROX** Functional Zone | Yasin Karadag	19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Katleen De Temmerman			12:00 - 13:00 **Calisthenics** Functional Zone | Yasin Karadag
20:00 - 21:00 **Go Functional (SGT)** Functional Zone | Yasin Karadag	20:15 - 21:15 **Vinyasa Yoga** Group Classes Studio | Andrea Daniela Cobo Torres	19:30 - 20:30 **Core** Group Classes Studio | Gaetane Callens	19:00 - 20:00 **Calisthenics** Functional Zone | Yasin Karadag			
20:00 - 21:00 **Les Mills Bodyattack ™** Group Classes Studio | Olivier Ockers		20:30 - 21:30 **Pilates** Group Classes Studio | Gaetane Callens	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | silina niils			
			20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Katleen De Temmerman			
			20:00 - 20:45 **NOCCO HYBRID LABS (BE)** Functional Zone | Dylan Paul			