Horaire de cours Jims Gand De Sterre

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Start To Workout (SGT)** JIMS Gent De Sterre	18:00 - 19:00 **Strength For Women (SGT)** Mayte De Bondt	12:30 - 13:00 **Total Body Conditioning**	19:30 - 20:30 **LES MILLS STRENGTH DEVELOPMENT (BE)** Quinten Dhaemer Gripe	12:30 - 13:10 **GO HYBRID SGT(BE)** Bryan Larez	10:00 - 10:30 **HIIT** Quinten Dhaemer Gripe	
19:15 - 20:00 **Core** JIMS Gent De Sterre	19:15 - 20:00 **GO HYBRID SGT(BE)** Bryan Larez	18:00 - 18:45 **Move For Health (SGT)** Quinten Dhaemer Gripe			10:30 - 11:00 **Core** Quinten Dhaemer Gripe	
		19:00 - 20:00 **HIIT Boxing** Quinten Dhaemer Gripe			11:00 - 12:00 **HIIT Boxing** Quinten Dhaemer Gripe	
		20:00 - 20:30 **HIIT** Quinten Dhaemer Gripe				
		20:30 - 21:00 **Core** Quinten Dhaemer Gripe				

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19:15 - 20:00 **Core** Lingxi Kong	19:15 - 20:00 **GO HYBRID SGT(BE)** Bryan Larez	20:00 - 20:30 **HIIT** Quinten Dhaemer Gripe			10:30 - 11:00 **Core** Quinten Dhaemer Gripe	
		20:30 - 21:00 **Core** Quinten Dhaemer Gripe			11:00 - 12:00 **HIIT Boxing** Quinten Dhaemer Gripe	