Horaire de cours Jims Deinze

Cube ■ Small Group Training

LUNDI

18:00 - 19:00
Start To Workout (SGT)
Fitness Floor | Auke Van Dorland

19:00 - 19:45
Jims Jump
Group Classes Studio | Silke Vincke

20:00 - 21:00
Indoor Cycling
Group Classes Studio | Koen Vande Velde

20:00 - 20:30
Move For Health (SGT)
Fitness Floor | Laura Sezgin

MARDI

18:00 - 18:45
Weight Health (SGT)
Group Classes Studio | Laura Sezgin

19:00 - 20:00
Pilates
Group Classes Studio | Sara Audoor

20:00 - 21:00
Indoor Cycling
| Sara Audoor

MERCREDI

19:00 - 20:00
Indoor Cycling
Cycling Studio | Stefanie Van Heule

20:00 - 21:00
BBB
Group Classes Studio | Stefanie Van Heule

JEUDI

18:00 - 19:00
Burn
Group Classes Studio | Nele Cnudde

19:00 - 20:00
Dance
Group Classes Studio | Johnny Bauwens

20:00 - 21:00
Indoor Cycling
Group Classes Studio | Johnny Bauwens

VENDREDI

09:00 - 10:00
Yoga
Group Classes Studio | André Galle

19:30 - 20:30
Dance
Group Classes Studio | Celeste Benaouda

SAMEDI

10:00 - 11:00
Yoga
Group Classes Studio | André Galle

DIMANCHE

10:00 - 11:00
Pilates
| Amaana Vandenberghe

11:00 - 12:00
Indoor Cycling
Group Classes Studio | Kjell Heynssens

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