Horaire de cours Jims Deinze

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Pilates** Group Classes Studio | Nele Cnudde	12:00 - 13:00 **GO HYBRID SGT(BE)** Functional Zone | Kirsten Dekeyser	09:00 - 10:00 **BBB** Group Classes Studio | Valerie Maebe	18:00 - 19:00 **Step** Group Classes Studio | Johnny Bauwens		09:00 - 10:00 **Burn** Group Classes Studio | Valerie Maebe	09:15 - 10:15 **Yoga** Group Classes Studio | Chloe De Raedt
18:00 - 19:00 **Start To Workout (SGT)** Functional Zone	18:00 - 19:00 **Dance** Group Classes Studio | Celeste Benaouda	10:00 - 11:00 **Burn** Group Classes Studio | Valerie Maebe	18:00 - 19:00 **Strength For Women (SGT)** Functional Zone | Kirsten Dekeyser		10:00 - 11:00 **Yoga** Group Classes Studio | André Galle	10:15 - 11:15 **Pilates** Group Classes Studio | Amaana Vandenberghe
19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Margot Vandekerkhove	18:00 - 19:00 **GO HYBRID SGT(BE)** Functional Zone | Margot Vandekerkhove	11:00 - 12:00 **Yoga** Group Classes Studio | André Galle	19:00 - 20:00 **Dance** Group Classes Studio | Johnny Bauwens			11:15 - 12:15 **Indoor Cycling** Group Classes Studio | Kjell Heynssens
19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Koen Vande Velde	19:00 - 20:00 **BBB** Group Classes Studio | Debby De Herdt		19:00 - 20:00 **Strength Training (SGT)** Functional Zone | Lars De Neve			
20:00 - 20:30 **Move For Health (SGT)** Fitness Floor | Kiki Sengier	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Kiki Sengier		20:00 - 21:00 **Healthy Back (SGT)** Functional Zone | Lars De Neve			
20:15 - 21:15 **Yoga** Group Classes Studio | André Galle			20:00 - 21:00 **Indoor Cycling** Group Classes Studio | Johnny Bauwens			

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18:00 - 19:00 **Start To Workout (SGT)** Functional Zone	18:00 - 19:00 **Dance** Group Classes Studio | Celeste Benaouda	19:00 - 20:00 **Healthy Back (SGT)** Functional Zone | Kiki Sengier	18:00 - 19:00 **Step** Group Classes Studio | Johnny Bauwens		10:00 - 11:00 **Yoga** Group Classes Studio | André Galle	11:15 - 12:15 **Indoor Cycling** Group Classes Studio | Kjell Heynssens
19:00 - 20:00 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | JIMS Deinze	18:00 - 19:00 **GO HYBRID SGT(BE)** Functional Zone | Margot Vandekerkhove	19:00 - 20:00 **Step** Group Classes Studio | Stefanie Van Heule	19:00 - 20:00 **Dance** Group Classes Studio | Johnny Bauwens			
19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Koen Vande Velde	19:00 - 20:00 **BBB** Group Classes Studio | Debby De Herdt	20:00 - 21:00 **BBB** Group Classes Studio | Stefanie Van Heule	19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Lars De Neve			
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