Horaire de cours Jims Jette

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:20 **Pilates** Body & Mind Cube | Benjamin Gesnot	10:30 - 11:30 **Les Mills Pilates ™** Body & Mind Cube | Thierry Amirat	09:30 - 10:30 **Sculpt** Group Classes Studio | Benjamin Gesnot	07:30 - 08:30 **Vinyasa Yoga** Body & Mind Cube | Jims Jette	09:30 - 10:30 **Pilates** Body & Mind Cube | Benjamin Gesnot	10:00 - 11:00 **Crosstraining** Functional Zone | Elodie Mauquoi	11:00 - 12:00 **Les Mills Core ™** Group Classes Studio | Thierry Amirat
10:20 - 11:10 **Pilates** Group Classes Studio | Benjamin Gesnot	12:15 - 13:15 **Crosstraining** Functional Zone | Thierry Amirat	10:30 - 11:30 **Yin Yoga** Body & Mind Cube | Sylvianne Dekens	08:30 - 09:30 **Vinyasa Yoga** Body & Mind Cube | Jims Jette	10:30 - 11:30 **Vinyasa Yoga** Body & Mind Cube | Sylvianne Dekens	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Babak Godazandeh	12:00 - 13:00 **Kick** Group Classes Studio | Rosa Chamochumbi
12:30 - 13:30 **Yoga** Body & Mind Cube | Sylvianne Dekens	18:00 - 19:00 **Hybrid X** Functional Zone | David Todero	11:30 - 12:10 **Icebath** Body & Mind Cube | Jims Jette	10:30 - 11:15 **Les Mills Pilates ™** Body & Mind Cube | Thierry Amirat	11:30 - 12:30 **Breathwork** Body & Mind Cube | Sylvianne Dekens	11:00 - 12:00 **Les Mills Bodyattack ™** Group Classes Studio | Thierry Amirat	13:15 - 14:15 **Yoga** Body & Mind Cube | Praxe Moreno
17:00 - 17:45 **Dance** Group Classes Studio | Vanessa Nellessen	18:00 - 19:00 **Sculpt** Group Classes Studio | Elodie Mauquoi	18:00 - 19:00 **Go Functional (SGT)** Fitness Floor | Tom Kawende Dupya	12:10 - 13:00 **Crosstraining** Thierry Amirat	17:00 - 18:00 **TAF** Group Classes Studio | David Todero	12:15 - 13:15 **Zumba®** Group Classes Studio | Vanessa Nellessen	
17:45 - 18:45 **Zumba®** Group Classes Studio | Vanessa Nellessen	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Tom Kawende Dupya	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Thierry Amirat	13:30 - 14:15 **NOCCO HYBRID LABS (BE)** Functional Zone | Tom Kawende Dupya	18:00 - 19:00 **Crosstraining** Functional Zone | David Todero	13:15 - 14:15 **Les Mills Pilates ™** Group Classes Studio | Thierry Amirat	
18:30 - 19:30 **Crosstraining** Functional Zone | Elodie Mauquoi	18:00 - 19:00 **Yin Yoga** Body & Mind Cube | Sylvianne Dekens	18:30 - 19:30 **Crosstraining** Functional Zone | Elodie Mauquoi	18:00 - 19:00 **Les Mills Core ™** Group Classes Studio | Thierry Amirat	18:00 - 19:00 **Zumba®** Group Classes Studio | Eva Ozkan	13:30 - 14:30 **Calisthenics** Functional Zone | Jéremie Akwesi	
18:45 - 19:45 **Vinyasa Yoga** Body & Mind Cube | Sylvianne Dekens	19:00 - 19:45 **ABDO WOD (BE)** Group Classes Studio | David Todero	19:00 - 20:00 **Zumba®** Group Classes Studio | Eva Ozkan	18:30 - 19:30 **Hybrid X** Functional Zone | Elodie Mauquoi	19:00 - 20:00 **Calisthenics** Functional Zone | Jéremie Akwesi		
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Thierry Amirat	19:00 - 20:00 **Flow** Body & Mind Cube | Elodie Mauquoi		19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Thierry Amirat			
19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Marie Martins	19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Marie Martins					

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17:45 - 18:45 **Zumba®** Group Classes Studio | Vanessa Nellessen	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Tom Kawende Dupya	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Thierry Amirat	18:00 - 19:00 **Les Mills Core ™** Group Classes Studio | Thierry Amirat	17:00 - 18:00 **TAF** Group Classes Studio | David Todero	13:15 - 14:15 **Les Mills Pilates ™** Group Classes Studio | Thierry Amirat	
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