Horaire de cours Jims Anderlecht

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:00 **Core** Functional Zone | Olivier Brel	09:30 - 10:00 **Core** Functional Zone | Olivier Brel	09:30 - 10:00 **Core** Functional Zone | Olivier Brel	07:15 - 08:00 **GO HYBRID SGT(BE)** Functional Zone | Olivier Brel	09:30 - 10:00 **Core** Functional Zone | Olivier Brel	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Laurence Verbeelen	11:00 - 12:00 **BOXING CUBE (BE)** Boxing Cube | Kiki François
13:00 - 14:00 **Strength For Women (SGT)** Fitness Floor | Olivier Brel	17:00 - 18:00 **BOXING CUBE (BE)** Hafed Houli	13:00 - 14:00 **Start To Workout (SGT)** Fitness Floor | Olivier Brel	09:30 - 10:00 **Core** Functional Zone | Olivier Brel	18:00 - 19:00 **BRN®** Group Classes Studio | Laurence Verbeelen	12:00 - 13:00 **Pilates** Group Classes Studio | JIMS Anderlecht	12:00 - 13:00 **Crosstraining** Functional Zone | JIMS Anderlecht
17:00 - 18:00 **Women Boxing** Boxing Cube | Hafed Houli	18:00 - 19:00 **BOXING CUBE (BE)** Boxing Cube | Hafed Houli	18:00 - 19:00 **Kick** Boxing Cube | Thomas ASVESTARIS	17:00 - 18:00 **Women Boxing** Boxing Cube | Hafed Houli	18:00 - 19:00 **Kickboxing** Boxing Cube		
18:00 - 19:00 **BOXING CUBE (BE)** Boxing Cube | Hafed Houli	18:00 - 19:00 **TAF** Group Classes Studio | Said Bah	18:00 - 19:00 **Squat Bench Deadlift (SGT)** Said Bah	18:00 - 19:00 **BOXING CUBE (BE)** Boxing Cube | Hafed Houli	19:00 - 20:00 **HIIT Boxing**		
18:00 - 19:00 **Calisthenics** Functional Zone | Victor Zawadowski	19:00 - 20:00 **BOXING CUBE (BE)** Hafed Houli	19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Victor Zawadowski	18:00 - 19:00 **Crosstraining** Functional Zone | Victor Zawadowski	19:00 - 20:00 **Yoga** Group Classes Studio | Amandine Verraghenne		
18:00 - 19:00 **Les Mills Bodyattack ™** Laurence Verbeelen	19:00 - 20:00 **Crosstraining** Group Classes Studio | Laurence Verbeelen	19:00 - 20:00 **HIIT Boxing** Boxing Cube | Thomas ASVESTARIS	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Abdessamad Ghouti			
19:00 - 20:00 **Go Functional (SGT)** Functional Zone | Thomas Van Boxmeer	19:00 - 20:00 **Mobility** Group Classes Studio | Victor Zawadowski	19:00 - 20:00 **UBOUND ®** Group Classes Studio | Ana Silveiro	19:00 - 20:00 **BOXING CUBE (BE)** Hafed Houli			
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Laurence Verbeelen	20:00 - 21:00 **BRN®** Fitness Floor | Laurence Verbeelen		19:00 - 20:00 **Cuisses Abdos Fessiers (CAF)** Abdessamad Ghouti			
20:00 - 21:00 **BOXING CUBE (BE)** Boxing Cube | Hafed Houli	20:00 - 21:00 **Women Boxing** Boxing Cube | Hafed Houli		19:00 - 20:00 **Healthy Back (SGT)** Functional Zone | Thomas Van Boxmeer			
20:00 - 21:00 **Yoga** Group Classes Studio | Kenia Bento dos reis			20:00 - 21:00 **BOXING CUBE (BE)** Hafed Houli			
			20:00 - 21:00 **Pilates** Goffrey Menamamatia			

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