Horaire de cours Jims Mons

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:30 - 18:30 **Squat Bench Deadlift (SGT)** Functional Zone | Maxime Nicodeme	12:15 - 13:15 **Pilates** Group Classes Studio | Dhavindra LATCHIMY	12:15 - 13:15 **Crosstraining** Functional Zone | Dhavindra LATCHIMY	12:15 - 13:15 **Yoga** Group Classes Studio | Polina Tretiakova	17:30 - 18:30 **Hybrid X** Functional Zone | Gary Moreels	10:00 - 10:45 **Les Mills Shapes ™** Group Classes Studio | Gary Moreels	10:00 - 11:00 **Yoga** Group Classes Studio
17:30 - 18:30 **Zumba®** Group Classes Studio | Sylvie Wattier	17:30 - 18:30 **Start To Workout (SGT)** Fitness Floor | Fabien Bauwens	17:30 - 18:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Marie André	17:30 - 18:15 **Les Mills Shapes ™** Group Classes Studio | Gary Moreels	18:30 - 19:30 **Crosstraining** Functional Zone | Gary Moreels	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Gary Moreels	11:00 - 12:00 **Zumba®** Group Classes Studio | Atef Blagui
18:30 - 19:30 **Les Mills Bodyattack ™** Group Classes Studio | Gary Moreels	18:30 - 19:30 **Crosstraining** Functional Zone | Maxime Nicodeme	17:30 - 18:30 **Hybrid X** Functional Zone | Fabien Bauwens	17:30 - 18:00 **Mobility (SGT)** Fitness Floor | Liam Finet	18:30 - 19:30 **Zumba®** Group Classes Studio | Ashley Tasquin		
18:30 - 19:30 **Weight Health (SGT)** Functional Zone | Fabien Bauwens	18:30 - 19:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Marie André	18:30 - 19:00 **Mobility (SGT)** Functional Zone | Liam Finet	18:30 - 19:30 **Les Mills Bodyattack ™** Group Classes Studio | Gary Moreels			
19:30 - 20:30 **Hybrid X** Functional Zone | Maxime Nicodeme	19:30 - 20:30 **REEJAM®** Group Classes Studio | Sylvie Wattier	18:30 - 19:30 **Pilates** Group Classes Studio | Dhavindra LATCHIMY	18:30 - 19:30 **Squat Bench Deadlift (SGT)** Functional Zone | Liam Finet			
19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Gary Moreels			19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Gary Moreels			

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