Horaire de cours Jims Marcinelle

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:30 - 18:30 **Les Mills Bodyattack ™** Group Classes Studio | Tania Iacovelli	17:00 - 17:30 **Core** Group Classes Studio | Tania Iacovelli	17:30 - 18:30 **Les Mills Bodypump ™** Group Classes Studio | Laurent François	10:00 - 11:00 **Pilates** Group Classes Studio | Angelique Meunier	18:30 - 19:30 **Cardio Boxing** Group Classes Studio | Davide Graceffa	10:00 - 11:00 **Mobility** Fitness Floor | Lucas Santamaria	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Christina Pisa
18:30 - 19:30 **Hybrid X** Functional Zone | Lucas Santamaria	17:30 - 18:30 **Les Mills Bodystep ™** Group Classes Studio | Martial Dursin	18:30 - 19:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Alixe Accaino	17:30 - 18:00 **Core** Group Classes Studio | Martial Dursin	18:30 - 19:30 **Conditioning (SGT)** Functional Zone | Salvatore Di Sciacca	10:00 - 11:00 **Sculpt** Group Classes Studio | Angelique Meunier	10:00 - 11:00 **Moving Mom (SGT)** Fitness Floor | Alixe Accaino
18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Laurent François	18:00 - 19:00 **Healthy Back (SGT)** Fitness Floor | Lea Balboni	19:00 - 20:00 **Conditioning (SGT)** Salvatore Di Sciacca	18:00 - 19:00 **Les Mills Bodystep ™** Group Classes Studio | Martial Dursin		11:00 - 12:00 **Pilates** Group Classes Studio | Angelique Meunier	11:00 - 12:00 **Yoga** Group Classes Studio | Christina Pisa
19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Lea Balboni	18:30 - 19:30 **Crosstraining** Functional Zone | Salvatore Di Sciacca	19:30 - 20:30 **Zumba®** Group Classes Studio | Atef Blagui	18:30 - 19:30 **Crosstraining** Functional Zone | Davide Graceffa			
	18:30 - 19:30 **Pilates** Group Classes Studio | Angelique Meunier					
	19:30 - 20:30 **Mobility** Fitness Floor | Lucas Santamaria					

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Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:00 - 11:00 **Start To Workout (SGT)** Fitness Floor | Alixe Accaino	17:00 - 17:30 **Core** Group Classes Studio | Martial Dursin	17:30 - 18:30 **Les Mills Bodypump ™** Group Classes Studio | Laurent François	10:00 - 11:00 **Pilates** Group Classes Studio | Angelique Meunier	18:30 - 19:30 **Cardio Boxing** Group Classes Studio | Davide Graceffa	10:00 - 11:00 **Mobility** Fitness Floor | Lucas Santamaria	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Christina Pisa
17:30 - 18:30 **Les Mills Bodyattack ™** Group Classes Studio | Tania Iacovelli	17:30 - 18:30 **Les Mills Bodystep ™** Group Classes Studio | Martial Dursin	18:30 - 19:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Alixe Accaino	17:30 - 18:00 **Core** Group Classes Studio | Martial Dursin	18:30 - 19:30 **Conditioning (SGT)** Functional Zone | Salvatore Di Sciacca	10:00 - 11:00 **Sculpt** Group Classes Studio | Angelique Meunier	10:00 - 11:00 **Moving Mom (SGT)** Fitness Floor | Alixe Accaino
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