Horaire de cours Jims Louvain-La-Neuve

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:00 - 18:00 **Strength For Women (SGT)** Functional Zone | Manoëlle Christoph	10:00 - 11:00 **Yoga** Group Classes Studio | Benz Pipitkulsri Teerawat	17:00 - 18:00 **Boxing** Group Classes Studio | François-Guillaume Nihoul	08:00 - 08:45 **NOCCO HYBRID LABS (BE)** Sébastien Renier	09:00 - 10:00 **Booty** Group Classes Studio | Antoine Désirant	09:00 - 10:00 **Pilates** Group Classes Studio | Constance Francois	10:00 - 11:00 **Mobility** Group Classes Studio | Antoine Désirant
18:00 - 19:00 **COACH BY COLOR® Cycling** Group Classes Studio | Sébastien Renier	11:00 - 12:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat	18:00 - 19:00 **COACH BY COLOR® Cycling** Group Classes Studio | Margot Maloteau	18:00 - 19:00 **Mobility** Group Classes Studio | Nicolas Havet	17:00 - 18:00 **Boxing** Group Classes Studio | Martin Aggujaro	10:00 - 11:00 **Sculpt** Group Classes Studio | Constance Francois	11:00 - 12:00 **Dance** Group Classes Studio | Samantha Cambier
19:00 - 20:00 **Hybrid X** Functional Zone | Margot Maloteau	12:00 - 13:00 **Go Functional (SGT)** Functional Zone | Alexane Wasnaire	18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Manoëlle Christoph	18:00 - 19:00 **Prepare for running (SGT)** Outdoors | Alexane Wasnaire	18:00 - 19:00 **Hybrid X** Functional Zone | Martin Aggujaro	11:00 - 12:00 **Boxing** Group Classes Studio | François-Guillaume Nihoul	12:00 - 13:00 **AFRODANCE (BE)** Group Classes Studio | Samantha Cambier
19:00 - 20:00 **Pilates** Sébastien Renier	17:00 - 18:00 **Conditioning (SGT)** Functional Zone | Manoëlle Christoph	19:00 - 20:00 **Hybrid X** Functional Zone | Margot Maloteau	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Nicolas Havet	18:00 - 19:00 **Pilates** Group Classes Studio | Constance Francois	12:00 - 13:00 **COACH BY COLOR® Cycling** Group Classes Studio | Margot Maloteau	
	17:00 - 18:00 **Les Mills Bodypump ™** Group Classes Studio | Laurent Demarez		19:00 - 20:00 **NOCCO x JIMS 7AM CLUB (BE)** Manoëlle Christoph, Alexane Wasnaire			
	18:00 - 19:00 **Les Mills Bodystep ™** Group Classes Studio | Laurent Demarez					
	19:00 - 20:00 **Crosstraining** Functional Zone | Margot Maloteau					
	19:00 - 20:00 **PARTYROBICS® CARDIO DANCE (BE)** Group Classes Studio | Lucie Coppens					

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18:00 - 19:00 **COACH BY COLOR® Cycling** Group Classes Studio | Sébastien Renier	11:00 - 12:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat	18:00 - 19:00 **COACH BY COLOR® Cycling** Group Classes Studio | Margot Maloteau	18:00 - 19:00 **Prepare for running (SGT)** Outdoors | Alexane Wasnaire	17:00 - 18:00 **Boxing** Group Classes Studio | Martin Aggujaro	10:00 - 11:00 **Sculpt** Group Classes Studio | Constance Francois	11:00 - 12:00 **Dance** Group Classes Studio | Samantha Cambier
19:00 - 20:00 **Hybrid X** Functional Zone | Margot Maloteau	12:00 - 13:00 **Go Functional (SGT)** Functional Zone | Alexane Wasnaire	18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Manoëlle Christoph	19:00 - 20:00 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Alexane Wasnaire	18:00 - 19:00 **Hybrid X** Functional Zone | Martin Aggujaro	11:00 - 12:00 **Boxing** Group Classes Studio | François-Guillaume Nihoul	12:00 - 13:00 **AFRODANCE (BE)** Group Classes Studio | Samantha Cambier
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