Horaire de cours Jims Montignies

Cube | Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Crosstraining** Functional Zone | Amelie Piras	11:00 - 12:00 **Pilates** Group Classes Studio | Amelie Piras	18:00 - 18:45 **ABDO WOD (BE)** Group Classes Studio | Charlene Goffoy	10:00 - 11:00 **Sculpt** Aurelie Keil		09:30 - 10:30 **Hybrid X** Functional Zone	
18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Hugo Capodicasa	17:30 - 18:00 **Suspension Training** Functional Zone | Aurélien Possoni	18:00 - 19:00 **Healthy Back (SGT)** Functional Zone | David Pogosian	18:00 - 19:00 **Cardio Boxing** Group Classes Studio | Brandon Valente			
18:00 - 19:00 **Zumba®**	18:00 - 19:00 **Get stronger** Functional Zone | David Pogosian	19:00 - 20:00 **Conditioning (SGT)** Functional Zone | Remy Katzenberg	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Hugo Capodicasa			
19:00 - 20:00 **Pilates** Group Classes Studio | Amelie Piras	18:00 - 19:00 **HIIT** Group Classes Studio | Charlene Goffoy	19:00 - 20:00 **Sculpt** Group Classes Studio | Charlene Goffoy	19:00 - 20:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Brandon Valente			
19:15 - 20:00 **Weight Health (SGT)** Functional Zone | Hugo Capodicasa	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Christina Pisa	20:00 - 21:00 **Pilates** Group Classes Studio | Amelie Piras	19:00 - 20:00 **Mobility (SGT)** Functional Zone | David Pogosian			
	19:00 - 20:00 **STRETCHING** Functional Zone | David Pogosian					
	20:00 - 21:00 **Yoga** Group Classes Studio | Christina Pisa					

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Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:30 **Yoga** Group Classes Studio | Justine Blavier	10:00 - 11:00 **Pilates** Group Classes Studio | Martina Nosekova	18:00 - 18:45 **ABDO WOD (BE)** Group Classes Studio | Charlene Goffoy	10:00 - 11:00 **Sculpt** Martina Nosekova	18:00 - 19:00 **Crosstraining** Functional Zone | Martina Nosekova	09:30 - 10:30 **Hybrid X** Functional Zone	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Amelie Piras
18:00 - 19:00 **Crosstraining** Functional Zone | Amelie Piras	17:30 - 18:00 **Suspension Training** Functional Zone | Aurélien Possoni	18:00 - 19:00 **Healthy Back (SGT)** Functional Zone | David Pogosian	18:00 - 19:00 **Cardio Boxing** Group Classes Studio | Brandon Valente			11:00 - 12:00 **Yoga** Group Classes Studio | Amelie Piras
18:00 - 19:00 **Zumba®**	18:00 - 19:00 **Get stronger** Functional Zone | David Pogosian	19:00 - 20:00 **Conditioning (SGT)** Functional Zone | Remy Katzenberg	19:00 - 20:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Brandon Valente			
19:00 - 20:00 **Pilates** Group Classes Studio | Amelie Piras	18:00 - 19:00 **HIIT** Group Classes Studio | Charlene Goffoy	19:00 - 20:00 **Sculpt** Group Classes Studio | Charlene Goffoy	19:00 - 20:00 **Mobility (SGT)** Functional Zone | Remy Katzenberg			
19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Hugo Capodicasa	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Christina Pisa	20:00 - 21:00 **Pilates** Group Classes Studio | Amelie Piras				
	19:00 - 20:00 **STRETCHING** Functional Zone | David Pogosian					
	20:00 - 21:00 **Yoga** Group Classes Studio | Christina Pisa					