Horaire de cours Jims Gand Rooigem

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:00 - 18:00 **Squat Bench Deadlift (SGT)** Functional Zone | Kaija Heirman	11:00 - 12:00 **Kundalini Yoga** Group Classes Studio | Greta De Maertelaere	10:30 - 11:30 **Sculpt** Group Classes Studio | Leslie Page	10:30 - 11:30 **Core** Group Classes Studio | Leslie Page	10:00 - 10:30 **Booty** Group Classes Studio | Laura Vermeire	09:45 - 10:15 **Core** Boxing Cube | Hannah Vannut	09:30 - 10:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Ronny De Groeve
18:00 - 19:00 **BBB** Group Classes Studio | Sophie Morobé	11:30 - 12:30 **Strength For Women (SGT)** Functional Zone | Felien Mestdagh	11:30 - 12:30 **Pilates** Group Classes Studio | Leslie Page	11:30 - 12:30 **Yoga** Group Classes Studio | Leslie Page	10:30 - 11:15 **HIIT** Group Classes Studio | Laura Vermeire	10:00 - 11:00 **BBB** Group Classes Studio | Faye Porteman	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Marc De Scheemaecker
18:00 - 19:00 **HIIT Boxing** Boxing Cube | Quinten Dhaemer Gripe	17:00 - 18:00 **Strength Training (SGT)** Functional Zone | Kaija Heirman	12:00 - 13:00 **Moving Mom (SGT)** Kaija Heirman	17:30 - 18:00 **Mobility (SGT)** Functional Zone | Felien Mestdagh	11:00 - 11:45 **Move For Health (SGT)** Functional Zone | Kaija Heirman	10:30 - 11:30 **COACH BY COLOR® Cycling** Cycling Cube | Hannah Vannut	10:30 - 11:30 **BOXING CUBE (BE)** Boxing Cube | Ronny De Groeve
18:15 - 19:00 **GO HYBRID SGT(BE)** Kaija Heirman	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Elke Blansaer	17:30 - 18:30 **Flow** Group Classes Studio | Annelies Bombeeck	18:00 - 19:00 **HIIT Boxing** Boxing Cube | Quinten Dhaemer Gripe	18:00 - 19:00 **COACH BY COLOR® Cycling** Cycling Cube | Pascale Roorda	11:00 - 12:00 **Zumba®** Group Classes Studio | Faye Porteman	11:00 - 12:00 **Flow** Group Classes Studio | Marc De Scheemaecker
19:00 - 20:00 **Go Functional (SGT)** Thorwald Lambrecht	19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Pascale Roorda	18:00 - 19:00 **Prepare for running (SGT)** Functional Zone | Thorwald Lambrecht	18:00 - 19:00 **Les Mills Bodyattack ™** Group Classes Studio | Olivier Ockers	18:00 - 19:00 **Squat Bench Deadlift (SGT)** Functional Zone | Felien Mestdagh	11:30 - 12:30 **BOXING FLOW (BE)** Boxing Cube | Ronny De Groeve	
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Daisy Dejonghe	19:00 - 20:00 **Crosstraining** Functional Zone | Thorwald Lambrecht	18:30 - 19:30 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Pascal Rooms	19:00 - 20:00 **Zumba®** Group Classes Studio | Faye Porteman	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Katleen De Temmerman		
19:00 - 20:00 **Mobility** Boxing Cube | Quinten Dhaemer Gripe	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Elke Blansaer	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Felien Mestdagh	20:00 - 21:00 **Yoga** JIMS Gent Rooigem			
20:00 - 21:00 **Core** Group Classes Studio | Daisy Dejonghe	20:00 - 21:00 **Cardio boxing** Boxing Cube | An De Decker	19:30 - 20:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Jordan Amir Malakouti				
	20:00 - 21:00 **Yoga** Group Classes Studio | Wilfrieda Paessens	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Daisy Dejonghe				
		20:30 - 21:30 **Core** Group Classes Studio | Daisy Dejonghe				

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17:00 - 18:00 **Squat Bench Deadlift (SGT)** Functional Zone | Felien Mestdagh	11:00 - 12:00 **Kundalini Yoga** Group Classes Studio | Greta De Maertelaere	10:30 - 11:30 **Sculpt** Group Classes Studio | Leslie Page	10:30 - 11:30 **Core** Group Classes Studio | Leslie Page	11:00 - 11:45 **Move For Health (SGT)** Functional Zone | Kaija Heirman	09:45 - 10:15 **Core** Boxing Cube | Hannah Vannut	09:30 - 10:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Ronny De Groeve
18:00 - 19:00 **BBB** Group Classes Studio | Sophie Morobé	11:30 - 12:30 **Strength For Women (SGT)** Functional Zone | Felien Mestdagh	12:00 - 13:00 **Moving Mom (SGT)** Kaija Heirman	11:30 - 12:30 **Yoga** Group Classes Studio | Leslie Page	18:00 - 19:00 **COACH BY COLOR® Cycling** Cycling Cube | Pascale Roorda	10:00 - 11:00 **BBB** Group Classes Studio | Faye Porteman	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Marc De Scheemaecker
18:00 - 19:00 **HIIT Boxing** Boxing Cube | Quinten Dhaemer Gripe	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Elke Blansaer	17:30 - 18:30 **Flow** Group Classes Studio | Annelies Bombeeck	17:30 - 18:00 **Mobility (SGT)** Functional Zone | Felien Mestdagh	18:00 - 19:00 **Squat Bench Deadlift (SGT)** Functional Zone | Felien Mestdagh	10:30 - 11:30 **COACH BY COLOR® Cycling** Cycling Cube | Hannah Vannut	10:30 - 11:30 **BOXING CUBE (BE)** Boxing Cube | Ronny De Groeve
18:15 - 19:00 **GO HYBRID SGT(BE)** Kaija Heirman	18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | Kaija Heirman	18:00 - 19:00 **Prepare for running (SGT)** Functional Zone | Thorwald Lambrecht	18:00 - 19:00 **HIIT Boxing** Boxing Cube | Ronny De Groeve	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Katleen De Temmerman	11:00 - 12:00 **Zumba®** Group Classes Studio | Faye Porteman	11:00 - 12:00 **Flow** Group Classes Studio | Marc De Scheemaecker
19:00 - 20:00 **Go Functional (SGT)** Thorwald Lambrecht	19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Pascale Roorda	18:30 - 19:30 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Pascal Rooms	18:00 - 19:00 **Les Mills Bodyattack ™** Group Classes Studio | Olivier Ockers		11:30 - 12:30 **BOXING FLOW (BE)** Boxing Cube | Jordan Amir Malakouti	
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Daisy Dejonghe	19:00 - 20:00 **Crosstraining** Functional Zone | Thorwald Lambrecht	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Felien Mestdagh	19:00 - 20:00 **Calisthenics** Functional Zone | Amir Malakouti		12:30 - 13:30 **Calisthenics** Jordan Amir Malakouti	
19:00 - 20:00 **Mobility** Boxing Cube | Quinten Dhaemer Gripe	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | Elke Blansaer	19:30 - 20:30 **BOXING FUNDAMENTALS (BE)** Boxing Cube | Jordan Amir Malakouti	19:00 - 20:00 **Zumba®** Group Classes Studio | Faye Porteman			
20:00 - 21:00 **Core** Group Classes Studio | Daisy Dejonghe	20:00 - 21:00 **Cardio boxing** Boxing Cube | An De Decker	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Daisy Dejonghe	20:00 - 21:00 **Yoga** JIMS Gent Rooigem			
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