Horaire de cours Jims Auderghem

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
12:30 - 13:30 **Pilates** Group Classes Studio | Floriana Palmieri	07:30 - 08:30 **Yoga** Group Classes Studio | Julie Naboulsi	07:30 - 08:30 **Core** Group Classes Studio | Cedric Demarbaix	07:30 - 08:30 **Yoga** Group Classes Studio | Julie Naboulsi	12:30 - 13:30 **Hybrid X** Functional Zone | David Todero	10:30 - 11:30 **Core** Functional Zone | David Todero	10:30 - 11:30 **Burn** Group Classes Studio | Gaetan Boulanger
12:30 - 13:30 **Strength For Women (SGT)** Functional Zone | JIMS Auderghem	12:30 - 13:30 **Yoga** Group Classes Studio | Floriana Palmieri	12:30 - 13:30 **Pilates** Group Classes Studio | Cedric Demarbaix	12:30 - 13:30 **Sculpt** Group Classes Studio | Cedric Demarbaix	12:30 - 13:30 **Pilates** Group Classes Studio | Cedric Demarbaix	10:30 - 11:30 **Yoga** Group Classes Studio | Julie Naboulsi	11:30 - 12:30 **Mobility** Group Classes Studio | Gaetan Boulanger
17:30 - 18:30 **Boxing** Group Classes Studio | JIMS Auderghem	17:30 - 18:30 **Pilates** Group Classes Studio | Cedric Demarbaix	12:30 - 13:30 **Strength For Women (SGT)** Functional Zone | JIMS Auderghem	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Han Long	17:30 - 18:30 **Crosstraining** Group Classes Studio | Gaetan Boulanger	11:30 - 12:30 **Crosstraining** Functional Zone | David Todero	13:15 - 14:15 **Boxing** Group Classes Studio | Kadima Kabangu
18:30 - 19:30 **AFRODANCE (BE)** Group Classes Studio | JIMS Auderghem	18:30 - 19:30 **Core** Group Classes Studio | Cedric Demarbaix	17:30 - 18:30 **Hybrid X** Functional Zone | David Todero	18:30 - 19:15 **NOCCO HYBRID LABS (BE)** Functional Zone | Jonathan Ferreira	18:30 - 19:30 **TAF** Group Classes Studio | Delphine Debuisson		
18:30 - 19:30 **Weight Health (SGT)** Functional Zone | Kevin De Wachter	18:30 - 19:30 **Moving Mom (SGT)** Functional Zone | Esther Fischbach	17:30 - 18:30 **Yoga** JIMS Auderghem	19:30 - 20:30 **Boxing** Group Classes Studio | Kadima Kabangu	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Delphine Debuisson		
19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Delphine Debuisson	19:30 - 20:30 **Hybrid X** Functional Zone | Gaetan Boulanger	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Alexis Dartevelle				
	19:30 - 20:30 **Zumba®** Group Classes Studio | Jone Aldalur Gandiaga	18:35 - 19:35 **Go Functional (SGT)** Functional Zone | Jonathan Ferreira				
		20:30 - 21:30 **Boxing** Group Classes Studio				

Horaire de cours Jims Auderghem

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
12:30 - 13:30 **Pilates** Group Classes Studio | Floriana Palmieri	07:30 - 08:30 **Yoga** Group Classes Studio | Julie Naboulsi	07:30 - 08:30 **Core** Group Classes Studio | Cedric Demarbaix	07:30 - 08:30 **Yoga** Group Classes Studio | Julie Naboulsi	12:30 - 13:30 **Hybrid X** Functional Zone | David Todero	10:30 - 11:30 **Core** Functional Zone | David Todero	10:30 - 11:30 **Burn** Group Classes Studio | Gaetan Boulanger
12:30 - 13:30 **Strength For Women (SGT)** Functional Zone | JIMS Auderghem	12:30 - 13:30 **Yoga** Group Classes Studio | Floriana Palmieri	12:30 - 13:30 **Pilates** Group Classes Studio | Cedric Demarbaix	12:30 - 13:30 **Sculpt** Group Classes Studio | Cedric Demarbaix	12:30 - 13:30 **Pilates** Group Classes Studio | Cedric Demarbaix	10:30 - 11:30 **Yoga** Group Classes Studio | Julie Naboulsi	11:30 - 12:30 **Mobility** Group Classes Studio | Gaetan Boulanger
17:30 - 18:30 **Boxing** Group Classes Studio | JIMS Auderghem	17:30 - 18:30 **Pilates** Group Classes Studio | Cedric Demarbaix	12:30 - 13:30 **Strength For Women (SGT)** Functional Zone | JIMS Auderghem	18:00 - 19:00 **Strength For Women (SGT)** Functional Zone | Kevin De Wachter	17:30 - 18:30 **Crosstraining** Group Classes Studio | Gaetan Boulanger	11:30 - 12:30 **Crosstraining** Functional Zone | David Todero	13:15 - 14:15 **Boxing** Group Classes Studio | Kadima Kabangu
18:30 - 19:30 **AFRODANCE (BE)** Group Classes Studio | JIMS Auderghem	18:30 - 19:30 **Core** Group Classes Studio | Cedric Demarbaix	17:30 - 18:30 **Hybrid X** Functional Zone | David Todero	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Han Long	18:30 - 19:30 **TAF** Group Classes Studio | Delphine Debuisson		
18:30 - 19:30 **Weight Health (SGT)** Functional Zone | Kevin De Wachter	18:30 - 19:30 **Moving Mom (SGT)** Functional Zone | Esther Fischbach	17:30 - 18:30 **Yoga** Floriana Palmieri	19:00 - 20:00 **Crosstraining** Functional Zone | David Todero	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Delphine Debuisson		
19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Delphine Debuisson	19:30 - 20:30 **Hybrid X** Functional Zone | Gaetan Boulanger	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Alexis Dartevelle	19:30 - 20:30 **Boxing** Group Classes Studio | Kadima Kabangu			
	19:30 - 20:30 **Zumba®** Group Classes Studio | Jone Aldalur Gandiaga	18:35 - 19:35 **Go Functional (SGT)** Functional Zone | Jonathan Ferreira				
		19:30 - 20:30 **Les Mills Bodyattack ™** Alexis Dartevelle				
		20:30 - 21:30 **Boxing** Group Classes Studio				