Horaire de cours Jims Namur Gare

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00 - 10:00 **Les Mills Bodypump ™** Group Classes Studio | Alexandra Barbagallo	08:30 - 09:30 **Yoga** Group Classes Studio | Aurélie Gillon	12:15 - 12:45 **HIIT** Group Classes Studio | Sandrine Derwaux	17:00 - 17:30 **HIIT** Group Classes Studio | Sandrine Derwaux	08:30 - 09:30 **Yoga** Group Classes Studio | Aurélie Gillon	10:00 - 11:00 **Crosstraining** Functional Zone | Michael Monseux	
12:15 - 13:15 **Les Mills Bodyattack ™** Group Classes Studio | Sandrine Antheunis	17:00 - 18:00 **Go Functional (SGT)** Functional Zone | Wilmotte Axelle	17:00 - 18:00 **GO HYBRID SGT(BE)** Functional Zone | Wilmotte Axelle	18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Anais Lombard	12:15 - 13:15 **Les Mills Bodypump ™** Group Classes Studio | Sandrine Derwaux		
17:00 - 18:00 **Sculpt** Group Classes Studio | Laurent Van De Velde	17:00 - 18:00 **Pilates** Group Classes Studio | Manon Vandenbussche	18:00 - 19:00 **Kickboxing** Boxing Cube | Itankonda Mukendi	18:15 - 19:00 **Pilates** Group Classes Studio | Manon Vandenbussche	17:00 - 18:00 **Crosstraining** Functional Zone | Michael Monseux		
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Arthur Rogister	18:00 - 19:00 **HIIT Boxing** Sandrine Derwaux	18:00 - 19:00 **Sculpt** Group Classes Studio | Anais Lombard	19:00 - 20:00 **Hybrid X** Functional Zone | Romane Bomal	17:00 - 18:00 **Yoga** Group Classes Studio | Aurélie Gillon		
18:00 - 19:00 **HIIT Boxing** Boxing Cube | Laurent Van De Velde	18:00 - 19:00 **Hybrid X** Functional Zone | Romane Bomal	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Wilmotte Axelle	20:00 - 21:00 **Crosstraining** Romane Bomal	18:00 - 19:00 **Hybrid X** Functional Zone | Michael Monseux		
18:00 - 19:00 **Strength Training (SGT)** Fitness Floor | Wilmotte Axelle	19:00 - 20:00 **Crosstraining** Functional Zone | Romane Bomal	19:00 - 20:00 **HIIT Boxing** Boxing Cube | Itankonda Mukendi		18:00 - 19:00 **Kick** Group Classes Studio | Fabrice Del Duca		
19:00 - 20:00 **Boxing** Boxing Cube | Laurent Van De Velde	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Arthur Rogister	19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Arthur Rogister				
19:00 - 20:00 **HIIT** Group Classes Studio | Sandrine Derwaux						
19:00 - 20:00 **Hybrid X** Functional Zone | Michael Monseux						
20:00 - 21:00 **Crosstraining** Michael Monseux						
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