Horaire de cours Jims Nivelles

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:00 - 11:00 **Pilates** Group Classes Studio | Angelique Meunier	11:00 - 12:00 **Mobility** Functional Zone | Erica Beckers	10:00 - 11:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Jennifer Van Frausum	10:00 - 10:45 **Move For Health (SGT)** Functional Zone | Angelique Poliart	10:00 - 11:00 **Crosstraining** Dhavindra LATCHIMY	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Jean-françois Wauty	09:00 - 10:00 **Yoga** Group Classes Studio | Benz Pipitkulsri Teerawat
11:00 - 12:00 **Flow** Group Classes Studio | Angelique Meunier	12:30 - 13:30 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Yann Monard	11:00 - 12:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat	12:30 - 13:30 **Les Mills Bodypump ™**	11:00 - 11:45 **ABDO WOD (BE)** Dhavindra LATCHIMY	12:00 - 13:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Jennifer Van Frausum	10:00 - 11:30 **Indoor Cycling** Cycling Studio
12:30 - 13:30 **Les Mills Bodypump ™** Youssef El Mashouli	14:00 - 14:45 **Move For Health (SGT)**	12:00 - 13:00 **Yoga** Benz Pipitkulsri Teerawat	17:00 - 17:45 **Move For Health (SGT)** Arnaud Carré	12:30 - 13:30 **Flow** Angelique Meunier	13:00 - 14:00 **Boxing** Group Classes Studio | Erica Beckers	10:00 - 11:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat
13:00 - 13:45 **Move For Health (SGT)** Functional Zone	14:00 - 15:00 **Moving Mom (SGT)** Functional Zone | Yann Monard	16:00 - 16:45 **Move For Health (SGT)**	17:00 - 18:00 **Total Body Conditioning** Group Classes Studio | Arienes La Vega	12:30 - 13:00 **Interval ride** Cycling Cube	14:00 - 15:00 **Calisthenics** Functional Zone | Erica Beckers	11:00 - 12:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Erica Beckers
17:00 - 18:00 **Les Mills Bodypump ™** Group Classes Studio | Angelique Poliart	17:00 - 18:00 **Step** Arienes La Vega	17:00 - 18:00 **Moving Mom (SGT)** Functional Zone | Noémie Heymans	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Arienes La Vega	17:00 - 18:00 **Pilates** Group Classes Studio | Dhavindra LATCHIMY		12:00 - 13:00 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Erica Beckers
17:00 - 18:00 **Start To Workout (SGT)** Functional Zone | Arnaud Carré	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Didier Lissens	17:00 - 18:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat	18:00 - 19:00 **Calisthenics** Functional Zone | Guillaume Dubois	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Dhavindra LATCHIMY		
17:30 - 18:30 **Prepare for running (SGT)** Outdoors | Dhavindra LATCHIMY	18:00 - 19:00 **Crosstraining** Functional Zone | Martin Aggujaro	18:00 - 19:00 **COACH BY COLOR® Cycling** Cycling Cube | Isabelle Skilbecq	18:00 - 19:00 **Flow** Group Classes Studio | Angelique Meunier	18:00 - 19:00 **Crosstraining** Functional Zone | Guillaume Dubois		
18:00 - 19:00 **Burn** Functional Zone | Jennifer Van Frausum	18:00 - 19:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Arienes La Vega	18:00 - 19:00 **Les Mills Tone ™** Group Classes Studio | Angelique Meunier	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Jules Banos			
18:00 - 19:00 **Les Mills Tone ™** Group Classes Studio | Angelique Meunier	19:00 - 20:00 **Boxing** Group Classes Studio | Erica Beckers	19:00 - 20:00 **Crosstraining** Functional Zone | Guillaume Dubois	19:00 - 19:45 **ABDO WOD (BE)** Fitness Floor | Jules Banos			
19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Studio | Dhavindra LATCHIMY	19:00 - 20:00 **Calisthenics** Guillaume Dubois	19:00 - 20:00 **Les Mills Bodypump ™** Jean-françois Wauty	19:00 - 20:00 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Yann Monard			
19:00 - 20:00 **Go Functional (SGT)** Functional Zone | Noémie Heymans	19:00 - 19:45 **Mobility (SGT)** Noémie Heymans	19:00 - 20:00 **Mobility** Functional Zone | Noémie Heymans	19:00 - 20:00 **Les Mills Tone ™** Group Classes Studio | Angelique Meunier			
19:00 - 20:00 **Pilates** Group Classes Studio | Angelique Meunier	20:00 - 21:00 **Yoga** Group Classes Studio | Benz Pipitkulsri Teerawat					
20:00 - 21:00 **BOLLYWOOD/HIPHOP (BE)** Group Classes Studio | Suby Anthony						

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LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:00 - 11:00 **Pilates** Group Classes Studio | Angelique Meunier	11:00 - 12:00 **Mobility** Functional Zone | Erica Beckers	10:00 - 11:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Jennifer Van Frausum	10:00 - 10:45 **Move For Health (SGT)** Functional Zone | Angelique Poliart	10:00 - 11:00 **Crosstraining** Dhavindra LATCHIMY	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Jean-françois Wauty	09:00 - 10:00 **Yoga** Group Classes Studio | Benz Pipitkulsri Teerawat
11:00 - 12:00 **Flow** Group Classes Studio | Angelique Meunier	12:30 - 13:30 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Yann Monard	11:00 - 12:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat	12:30 - 13:30 **Les Mills Bodypump ™**	11:00 - 11:45 **ABDO WOD (BE)** Dhavindra LATCHIMY	12:00 - 13:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Jennifer Van Frausum	10:00 - 11:30 **Indoor Cycling** Cycling Studio
12:30 - 13:30 **Les Mills Bodypump ™** Youssef El Mashouli	14:00 - 14:45 **Move For Health (SGT)**	12:00 - 13:00 **Yoga** Benz Pipitkulsri Teerawat	17:00 - 17:45 **Move For Health (SGT)** Arnaud Carré	12:30 - 13:30 **Flow** Group Classes Studio | Angelique Meunier	13:00 - 14:00 **Boxing** Group Classes Studio | Erica Beckers	10:00 - 11:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat
13:00 - 13:45 **Move For Health (SGT)** Functional Zone	14:00 - 15:00 **Moving Mom (SGT)** Functional Zone | Yann Monard	16:00 - 16:45 **Move For Health (SGT)**	17:00 - 18:00 **Total Body Conditioning** Group Classes Studio | Arienes La Vega	12:30 - 13:00 **Interval ride** Cycling Cube	14:00 - 15:00 **Calisthenics** Functional Zone | Erica Beckers	11:00 - 12:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Erica Beckers
17:00 - 18:00 **Les Mills Bodypump ™** Group Classes Studio | Angelique Poliart	17:00 - 18:00 **Step** Arienes La Vega	17:00 - 18:00 **Moving Mom (SGT)** Functional Zone | Noémie Heymans	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Arienes La Vega	17:00 - 18:00 **Pilates** Group Classes Studio | Dhavindra LATCHIMY		12:00 - 13:00 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Erica Beckers
17:00 - 18:00 **Start To Workout (SGT)** Functional Zone | Arnaud Carré	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Didier Lissens	17:00 - 18:00 **Pilates** Group Classes Studio | Benz Pipitkulsri Teerawat	18:00 - 19:00 **Calisthenics** Functional Zone | Guillaume Dubois	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Dhavindra LATCHIMY		
17:30 - 18:30 **Prepare for running (SGT)** Outdoors | Dhavindra LATCHIMY	18:00 - 19:00 **Crosstraining** Functional Zone | Martin Aggujaro	18:00 - 19:00 **Go Functional (SGT)** Hugo Capodicasa	18:00 - 19:00 **Flow** Group Classes Studio | Angelique Meunier	18:00 - 19:00 **Crosstraining** Functional Zone | Guillaume Dubois		
18:00 - 19:00 **Burn** Functional Zone | Jennifer Van Frausum	18:00 - 19:00 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Arienes La Vega	18:00 - 19:00 **Les Mills Tone ™** Group Classes Studio | Angelique Meunier	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Arnaud Carré			
18:00 - 19:00 **Les Mills Tone ™** Group Classes Studio | Angelique Meunier	18:00 - 18:30 **Prepare for running (SGT)** Outdoors | Noémie Heymans	19:00 - 20:00 **COACH BY COLOR® Cycling** Cycling Cube | Isabelle Skilbecq	19:00 - 19:45 **ABDO WOD (BE)** Fitness Floor | Jules Banos			
18:00 - 19:00 **Strength For Women (SGT)** Noémie Heymans	19:00 - 20:00 **Boxing** Group Classes Studio | Erica Beckers	19:00 - 20:00 **Crosstraining** Functional Zone | Guillaume Dubois	19:00 - 20:00 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Yann Monard			
19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Studio | Dhavindra LATCHIMY	19:00 - 20:00 **Calisthenics** Guillaume Dubois	19:00 - 20:00 **Les Mills Bodypump ™** Jean-françois Wauty	19:00 - 20:00 **Les Mills Tone ™** Group Classes Studio | Angelique Meunier			
19:00 - 20:00 **Go Functional (SGT)** Functional Zone | Noémie Heymans	19:00 - 19:45 **Mobility (SGT)** Noémie Heymans	19:00 - 20:00 **Mobility** Functional Zone | Noémie Heymans				
19:00 - 20:00 **Pilates** Group Classes Studio | Angelique Meunier	20:00 - 21:00 **Yoga** Group Classes Studio | Benz Pipitkulsri Teerawat					
20:00 - 21:00 **BOLLYWOOD/HIPHOP (BE)** Group Classes Studio | Suby Anthony						