# Horaire de cours Jims Oudenaarde

Cube  Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 18:00 - 19:00<br>**Go Functional (SGT)**<br>Functional Zone \| Emanuel Schiettecatte | 18:00 - 19:00<br>**Weight Health (SGT)**<br>Functional Zone \| Annelies Robyns | | 18:00 - 19:00<br>**Squat Bench Deadlift (SGT)**<br>Fitness Floor \| Auke Van Dorland | | 10:00 - 11:00<br>**Les Mills Bodypump ™**<br>Group Classes Studio \| Johnny Bauwens | 10:00 - 11:00<br>**Start To Workout (SGT)**<br>Functional Zone \| Annelies Robyns |
| 18:00 - 19:00<br>**Zumba®**<br>Group Classes Studio \| Johnny Bauwens | 19:00 - 20:00<br>**BBB**<br>Group Classes Studio \| Annelies Robyns | | 19:00 - 20:00<br>**Burn**<br>Group Classes Studio | | 11:00 - 12:00<br>**Pilates**<br>Group Classes Studio \| Johnny Bauwens | 10:00 - 11:00<br>**Step**<br>Group Classes Studio \| Serge Eeckhout |
| 19:00 - 20:00<br>**Moving Mom (SGT)**<br>Functional Zone \| Annelies Robyns | 20:00 - 21:00<br>**Boxing**<br>Group Classes Studio \| Serge Eeckhout | | 19:00 - 20:00<br>**Healthy Back (SGT)**<br>Functional Zone \| Annelies Robyns | | | 11:00 - 11:45<br>**BBB**<br>Group Classes Studio \| Kate Beunens |
| 19:00 - 20:00<br>**Power Cardio**<br>Group Classes Studio \| Kate Beunens | | | 20:00 - 21:00<br>**Boxing**<br>Group Classes Studio \| Serge Eeckhout | | | 11:45 - 12:00<br>**Core**<br>Group Classes Studio \| Kate Beunens |
| 20:00 - 21:00<br>**GO HYBRID SGT(BE)**<br>Functional Zone \| Emanuel Schiettecatte | | | | | | |
| 20:00 - 21:00<br>**Pilates**<br>Group Classes Studio \| Kate Beunens | | | | | | |

# Horaire de cours Jims Oudenaarde

Cube Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 18:00 - 19:00<br>**Go Functional (SGT)**<br>Functional Zone \| Emanuel Schiettecatte | 18:00 - 19:00<br>**Weight Health (SGT)**<br>Functional Zone \| Annelies Robyns | 18:00 - 19:00<br>**Start To Workout (SGT)**<br>Fitness Floor \| Auke Van Dorland | 18:00 - 18:45<br>**NOCCO HYBRID LABS (BE)**<br>Functional Zone \| Emanuel Schiettecatte | | 10:00 - 11:00<br>**Les Mills Bodypump ™**<br>Group Classes Studio \| Johnny Bauwens | 10:00 - 11:00<br>**Start To Workout (SGT)**<br>Functional Zone \| Annelies Robyns |
| 18:00 - 19:00<br>**Zumba®**<br>Group Classes Studio \| Johnny Bauwens | 19:00 - 20:00<br>**BBB**<br>Group Classes Studio \| Annelies Robyns | 19:00 - 20:00<br>**Crosstraining**<br>Functional Zone \| Emanuel Schiettecatte | 18:00 - 19:00<br>**Squat Bench Deadlift (SGT)**<br>Fitness Floor \| Auke Van Dorland | | 11:00 - 12:00<br>**Pilates**<br>Group Classes Studio \| Johnny Bauwens | 10:00 - 11:00<br>**Step**<br>Group Classes Studio \| Serge Eeckhout |
| 19:00 - 20:00<br>**Moving Mom (SGT)**<br>Functional Zone \| Annelies Robyns | 19:00 - 20:00<br>**GO HYBRID SGT - TYRUN (BE)**<br>Group Classes Studio \| Jims Oudenaarde | 19:00 - 20:00<br>**Pilates**<br>Group Classes Studio \| Kate Beunens | 19:00 - 20:00<br>**Burn**<br>Group Classes Studio | | | 11:00 - 11:45<br>**BBB**<br>Group Classes Studio \| Kate Beunens |
| 19:00 - 20:00<br>**Power Cardio**<br>Group Classes Studio \| Kate Beunens | 20:00 - 21:00<br>**Boxing**<br>Group Classes Studio \| Serge Eeckhout | | 19:00 - 20:00<br>**Healthy Back (SGT)**<br>Functional Zone \| Annelies Robyns | | | 11:45 - 12:00<br>**Core**<br>Group Classes Studio \| Kate Beunens |
| 20:00 - 21:00<br>**GO HYBRID SGT(BE)**<br>Functional Zone \| Emanuel Schiettecatte | | | 19:00 - 19:45<br>**NOCCO HYBRID LABS (BE)**<br>Emanuel Schiettecatte | | | |
| 20:00 - 21:00<br>**Pilates**<br>Group Classes Studio \| Kate Beunens | | | 20:00 - 21:00<br>**Boxing**<br>Group Classes Studio \| Serge Eeckhout | | | |