Horaire de cours Jims Gentbrugge

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Staf Bauters, Jens De Winne	18:00 - 19:00 **Pilates** Group Classes Studio | Johnny Bauwens	18:00 - 19:00 **Go Functional (SGT)** Fitness Floor | Renato Da Hora Barreto	18:00 - 19:00 **Hatha Yoga** Group Classes Studio | Emilie Dauwe	09:30 - 10:30 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens	10:00 - 11:00 **Indoor Cycling** Cycling Cube | Steven Maelfait	10:00 - 11:00 **Indoor Cycling** Cycling Cube | Joachim Cockuyt
18:00 - 19:00 **Zumba®** Group Classes Studio | Farah Van driessche	18:15 - 19:00 **Core** Fitness Floor | Staf Bauters	18:00 - 19:00 **Vinyasa Yoga** Group Classes Studio | Simon Moeyaert	18:00 - 19:00 **Strength Training (SGT)** Fitness Floor | Renato Da Hora Barreto	10:30 - 11:30 **Pilates** Group Classes Studio | Johnny Bauwens	11:00 - 12:00 **Flow** Group Classes Studio | Annelies Bombeeck	
19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Steven Maelfait	19:00 - 20:00 **BBB** Group Classes Studio | Johnny Bauwens	19:00 - 20:00 **Pilates** Group Classes Studio | Amaana Vandenberghe	19:00 - 20:00 **Calisthenics** Fitness Floor | Staf Bauters	18:30 - 19:30 **Zumba®** Group Classes Studio		
19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Jens De Winne	19:00 - 20:00 **Move For Health (SGT)** Fitness Floor | Jens De Winne	19:00 - 20:00 **Strength For Women (SGT)** Fitness Floor | Tess Lameir	19:00 - 20:00 **Indoor Cycling** Cycling Cube | Joachim Cockuyt			
20:00 - 21:00 **Indoor Cycling** Cycling Cube | Steven Maelfait	20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens	20:00 - 21:00 **Indoor Cycling** Cycling Cube | Joachim Cockuyt	20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | An De Decker			

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19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Steven Maelfait	19:00 - 20:00 **BBB** Group Classes Studio | Johnny Bauwens		19:00 - 20:00 **Calisthenics** Fitness Floor | Staf Bauters	18:30 - 19:30 **PARTYROBICS® CARDIO DANCE (BE)** Group Classes Studio | Johnny Bauwens		
19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Jens De Winne	19:00 - 20:00 **Move For Health (SGT)** Fitness Floor | Jens De Winne		19:00 - 20:00 **Indoor Cycling** Cycling Cube | Joachim Cockuyt			
20:00 - 21:00 **Indoor Cycling** Cycling Cube | Steven Maelfait	20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens		20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | An De Decker			