Horaire de cours Jims Seraing Haut

Cube ■ Small Group Training

LUNDI

19:00 - 20:00
Bootcamp
Functional Zone | Marilyne Marbaise

19:00 - 19:30
Interval ride
Cycling Cube | Julie Meurice

19:30 - 20:30
COACH BY COLOR® Connect Cycling Cube (BE)
Cycling Cube | Julie Meurice

MARDI

10:00 - 11:00
Mobility (SGT)
Body & Mind Cube | Manon Pinto

17:00 - 18:00
Core
Functional Zone | Santiago Garcia

19:30 - 20:30
COACH BY COLOR® Connect Cycling Cube (BE)
Cycling Cube | Erica Rachella

MERCREDI

17:30 - 18:30
HIIT

18:00 - 19:00
Yoga

19:30 - 20:30
COACH BY COLOR® Connect Cycling Cube (BE)
Cycling Cube | Erica Rachella

JEUDI

18:00 - 19:00
GO HYBRID SGT(BE)
Fitness Floor | Achille Hecq

VENDREDI

11:00 - 12:00
COACH BY COLOR® Connect Cycling Cube (BE)
Cycling Cube | Erica Rachella

SAMEDI

DIMANCHE

10:00 - 11:00
Crosstraining
Functional Zone | Marilyne Marbaise

10:30 - 11:30
COACH BY COLOR® Connect Cycling Cube (BE)
| CLAUDE PATRICK BEKONO ZOA

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LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
19:00 - 20:00 **Bootcamp** Functional Zone | Marilyne Marbaise	19:30 - 20:30 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Erica Rachella			11:00 - 12:00 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Erica Rachella		10:00 - 11:00 **Crosstraining** Functional Zone | Marilyne Marbaise
19:30 - 20:30 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Julie Meurice						10:30 - 11:30 **COACH BY COLOR® Connect Cycling Cube (BE)** | CLAUDE PATRICK BEKONO ZOA