Horaire de cours Jims Maasmechelen

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:30 **Pilates** Group Classes Studio | Stacy Thomas	09:30 - 10:30 **Total Body Conditioning** Group Classes Studio | Eric Maillard	09:30 - 10:30 **BBB** Group Classes Studio | Stacy Thomas	09:30 - 10:30 **NOCCO x JIMS 7AM CLUB (BE)** Eric Maillard	09:30 - 10:30 **Total Body Conditioning** Group Classes Studio | Eric Maillard	09:00 - 10:00 **Indoor Cycling** Group Classes Studio | Paola Atzeni	
15:00 - 16:00 **Conditioning (SGT)** Fitness Floor | Rowan Kollau	17:30 - 18:30 **Forever Fit (SGT)** Fitness Floor | Pietro Di Luca	18:00 - 19:00 **FLOW YOGA CUBE (BE)** Functional Zone | Umut Dogan	18:00 - 19:00 **Go Functional (SGT)** Fitness Floor | Quinten Kerkhofs	18:00 - 19:00 **FLOW YOGA CUBE (BE)** Group Classes Studio	10:00 - 11:00 **Bootcamp** Group Classes Studio | Sifeddine Salhane	
18:00 - 19:00 **Zumba®** Group Classes Studio	18:30 - 19:00 **Core** Group Classes Studio | Fabio De Luca	18:00 - 19:00 **Power** Group Classes Studio | Pietro Di Luca	18:30 - 19:00 **Core** Group Classes Studio | Fabio De Luca			
19:00 - 20:00 **BBB** Functional Zone | Stacy Thomas	19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Fabio De Luca	19:00 - 20:00 **BBB** Group Classes Studio | Pietro Di Luca	19:00 - 20:00 **BBB** Functional Zone | Pietro Di Luca			
19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Paola Atzeni	19:30 - 20:00 **Strength For Women (SGT)** Functional Zone | Pietro Di Luca	20:00 - 21:00 **Pilates** Functional Zone | Fabio De Luca	19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Fabio De Luca			
20:00 - 21:00 **Bootcamp** Group Classes Studio | Paola Atzeni	20:00 - 21:00 **Boxing** Functional Zone | Pietro Di Luca	20:00 - 21:00 **Zumba®** Group Classes Studio | Ali Pour Merhnoosh	20:00 - 21:00 **Boxing** Functional Zone | Pietro Di Luca			
	20:00 - 21:00 **Power** Group Classes Studio | Fabio De Luca		20:00 - 21:00 **Power** Group Classes Studio | Fabio De Luca			

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