Horaire de cours Jims Booischot

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:15 - 11:15 **Pilates** Group Classes Studio | Bram Boen	08:30 - 09:30 **Core** Group Classes Studio | Katrijn Dewulf	09:00 - 10:00 **Step** Group Classes Studio | Koen Vercammen	09:30 - 10:30 **Les Mills Bodypump ™** Group Classes Studio | JIMS Booischot	10:15 - 11:15 **Go Functional (SGT)** Group Classes Studio | Bram Boen	09:15 - 10:15 **Indoor Cycling** Cycling Studio | Kelly De ruyter	09:30 - 10:30 **Step** Group Classes Studio | Koen Vercammen
17:00 - 18:00 **Conditioning (SGT)** Fitness Floor | Bram Boen	10:15 - 11:15 **Strength For Women (SGT)** Fitness Floor | Dorine Belmans	10:00 - 11:00 **Sculpt** Group Classes Studio | Bram Boen	16:00 - 16:45 **Move For Health (SGT)** Fitness Floor | Bram Boen	18:00 - 19:00 **Step**	10:30 - 11:30 **Power** Group Classes Studio | Kelly De ruyter	10:30 - 11:30 **Les Mills Bodypump ™** Group Classes Studio | Koen Vercammen
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Jay Peeters	17:00 - 18:00 **Conditioning (SGT)** Cycling Studio | Bram Boen	17:00 - 18:00 **Strength For Women (SGT)** Dorine Belmans	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Bauke Peeters	19:00 - 20:00 **Indoor Cycling** Cycling Studio | Koen Vercammen	11:30 - 12:30 **Yoga** Group Classes Studio | JIMS Booischot	11:30 - 12:30 **Les Mills Bodypump ™** Group Classes Studio | JIMS Booischot
17:30 - 18:30 **Zumba®** Group Classes Studio | JIMS Booischot	20:00 - 21:00 **Step** Group Classes Studio | Kelly De Ruyter	17:30 - 18:30 **Les Mills Bodypump ™** Group Classes Studio | JIMS Booischot		19:00 - 20:00 **Zumba®** Group Classes Studio | Dounia Hautain		
18:30 - 19:30 **Les Mills Bodypump ™** Koen Vercammen		18:30 - 19:30 **BBB** Group Classes Studio | Koen Vercammen				
19:15 - 20:15 **Indoor Cycling** Cycling Studio | Kelly De ruyter		19:30 - 20:30 **Zumba®** Group Classes Studio | Dounia Hautain				
19:30 - 20:15 **Total Body Conditioning** Group Classes Studio | JIMS Booischot						
20:15 - 21:15 **Indoor Cycling** Cycling Studio | Koen Dierickx						

Horaire de cours Jims Booischot

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Jay Peeters	08:30 - 09:30 **Core** Group Classes Studio | Katrijn Dewulf		09:30 - 10:30 **Les Mills Bodypump ™** Group Classes Studio | JIMS Booischot	09:00 - 10:00 **Core** Group Classes Studio | Katrijn Dewulf	09:15 - 10:15 **Indoor Cycling** Cycling Studio | Kelly De ruyter	09:30 - 10:30 **Step** Group Classes Studio | Koen Vercammen
17:30 - 18:30 **Zumba®** Group Classes Studio | JIMS Booischot	10:15 - 11:15 **Strength For Women (SGT)** Fitness Floor | Dorine Belmans		16:00 - 16:45 **Move For Health (SGT)** Fitness Floor | Bram Boen	10:15 - 11:15 **Go Functional (SGT)** Group Classes Studio | Bram Boen	10:30 - 11:30 **Power** Group Classes Studio | Kelly De ruyter	10:30 - 11:30 **Les Mills Bodypump ™** Group Classes Studio | Koen Vercammen
18:30 - 19:30 **Les Mills Bodypump ™** Koen Vercammen	17:00 - 18:00 **Conditioning (SGT)** Cycling Studio | Bram Boen		18:00 - 19:00 **Sculpt** Group Classes Studio | Jay Peeters	18:00 - 19:00 **Step**	11:30 - 12:30 **Yoga** Group Classes Studio | JIMS Booischot	11:30 - 12:30 **Les Mills Bodypump ™** Group Classes Studio | JIMS Booischot
19:15 - 20:15 **Indoor Cycling** Cycling Studio | Kelly De ruyter	18:00 - 19:00 **FLOW YOGA CUBE (BE)** Group Classes Studio | Saartje Wouters		19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Bauke Peeters	19:00 - 20:00 **Indoor Cycling** Cycling Studio | Koen Vercammen		
19:30 - 20:15 **Total Body Conditioning** Group Classes Studio | JIMS Booischot	19:00 - 20:00 **Yin Yoga** Group Classes Studio | Saartje Wouters			19:00 - 20:00 **Zumba®** Group Classes Studio | Dounia Hautain		
20:15 - 21:15 **Indoor Cycling** Cycling Studio | Koen Dierickx	20:00 - 21:00 **Step** Group Classes Studio | Kelly De Ruyter					