Horaire de cours Jims Heist-op-den-Berg

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE

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Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Zumba®** Group Classes Studio | Rune Pintens	17:30 - 18:15 **Start To Workout (SGT)** Fitness Floor | Sem Hullak	09:30 - 10:30 **Step** Group Classes Studio | Koen Vercammen	09:30 - 10:30 **Les Mills Bodypump ™** Group Classes Studio | Koen Vercammen	17:00 - 18:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Sem Hullak	09:15 - 10:45 **Yoga** Group Classes Studio | Sofia Cankaya	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | JIMS Heist-Op-Den-Berg
19:00 - 20:00 **Total Body Conditioning** Group Classes Studio | Koen Dierickx	18:15 - 19:15 **Zumba®** Group Classes Studio | Kris Martens	10:30 - 11:30 **BBB** Group Classes Studio | Koen Vercammen	14:00 - 14:45 **NOCCO HYBRID LABS (BE)** Functional Zone | Sem Hullak	18:00 - 19:00 **Zumba®** Group Classes Studio | Kris Martens	10:45 - 12:15 **Yin Yoga** Group Classes Studio | Sofia Cankaya	11:00 - 12:00 **Start To Workout (SGT)** Fitness Floor | Jonas Anguelov
	19:15 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Sem Hullak	18:00 - 19:00 **Healthy Back (SGT)** Group Classes Studio | Jonas Anguelov	18:00 - 18:45 **NOCCO HYBRID LABS (BE)** Functional Zone | Sem Hullak			
	19:30 - 20:30 **Boxing** Group Classes Studio | Arne Goossens	19:00 - 20:00 **Les Mills Bodypump ™** Jari Peeters	18:00 - 19:00 **Power** Group Classes Studio | Kelly De Ruyter			
			19:00 - 20:00 **Step** Group Classes Studio | Kelly De Ruyter			