Horaire de cours Jims Schoten

Cube | Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:15 - 09:00 **Icebath** Body & Mind Cube | Evy Roelen	09:30 - 10:30 **Burn** Group Classes Studio | Nell Swerts	08:15 - 09:00 **Icebath** Body & Mind Cube | Kelly-Marie Dykmans	09:30 - 10:30 **Pilates** Body & Mind Cube | Natasha Pauwels	08:30 - 09:30 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	09:45 - 10:45 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Sophie Vermeulen
09:00 - 10:00 **Strength Training (SGT)** Functional Zone | Evy Roelen	10:30 - 11:00 **BBB** Body & Mind Cube | Sabine De Wilde	09:00 - 10:00 **Les Mills Bodypump ™** Group Classes Studio | Evy Roelen	10:30 - 11:30 **Yoga** Body & Mind Cube | Natasha Pauwels	10:00 - 11:00 **Pilates** Body & Mind Cube | Evy Roelen	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Sophie Vermeulen	10:00 - 11:00 **Zumba®** Group Classes Studio | Nicky Van Nespen
10:00 - 11:00 **Zumba®** Group Classes Studio | Nicky Van Nespen	11:00 - 12:00 **Yoga** Body & Mind Cube | Sabine De Wilde	10:00 - 11:00 **Zumba®** Group Classes Studio | Nicky Van Nespen	17:00 - 17:45 **Move For Health (SGT)** Group Classes Studio | Ann Willemsens	18:30 - 19:30 **Indoor Cycling** Cycling Studio | Sophie Vermeulen	11:00 - 12:00 **Yoga** Body & Mind Cube | Rudi Verboven	11:00 - 11:30 **BBB** Group Classes Studio | Nicky Van Nespen
11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Evy Roelen	18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Roman Thoen	11:00 - 12:00 **BODY & MIND (BE)** Body & Mind Cube | Sabine De Wilde	19:00 - 20:00 **Indoor Cycling** Cycling Studio | Natasha Kerremans	19:00 - 19:30 **BBB** Group Classes Studio | Nicky Van Nespen		11:30 - 12:30 **Zumba®** Group Classes Studio | Nicky Van Nespen
12:00 - 13:00 **Pilates** Body & Mind Cube | Evy Roelen	18:30 - 19:30 **Indoor Cycling** Cycling Studio | Natasha Kerremans	11:00 - 12:00 **GO HYBRID SGT(BE)** Functional Zone | Kelly-Marie Dykmans	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	19:30 - 20:30 **Zumba®** Group Classes Studio | Nicky Van Nespen		
18:00 - 18:45 **Icebath** Body & Mind Cube | Lynn Collienne	19:00 - 20:00 **BBB** Group Classes Studio | Evy Roelen	19:00 - 20:00 **Indoor Cycling** Cycling Studio | Natasha Kerremans	19:30 - 20:30 **Start To Workout (SGT)** Fitness Floor | Johan Albert			
18:45 - 19:30 **Icebath** Body & Mind Cube | Lynn Collienne	19:30 - 20:30 **Indoor Cycling** Cycling Studio | Natasha Kerremans	19:00 - 20:00 **Zumba®** Group Classes Studio | Sanne Van den Plas				
19:30 - 20:30 **Indoor Cycling** Cycling Studio | Natasha Kerremans	20:00 - 21:00 **Zumba®** Group Classes Studio | Nicky Van Nespen	20:00 - 21:00 **Yoga** Body & Mind Cube | Rudi Verboven				

Horaire de cours Jims Schoten

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:00 - 11:00 **Zumba®** Group Classes Studio | Nicky Van Nespen	09:30 - 10:30 **Burn** Group Classes Studio | Nell Swerts	09:00 - 10:00 **Burn** Body & Mind Cube | Chrisje Bergmans	09:30 - 10:30 **Pilates** Body & Mind Cube | Sabine De Wilde	08:30 - 09:30 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	09:45 - 10:45 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Sophie Vermeulen
11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Karen Persyn	10:30 - 11:00 **BBB** Body & Mind Cube | Sabine De Wilde	10:00 - 11:00 **Zumba®** Group Classes Studio | Nicky Van Nespen	10:30 - 11:30 **Yoga** Body & Mind Cube | Sabine De Wilde	10:00 - 11:00 **Pilates** Body & Mind Cube | Evy Roelen	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Sophie Vermeulen	10:00 - 11:00 **Zumba®** Group Classes Studio | Nicky Van Nespen
18:00 - 18:45 **Icebath** Body & Mind Cube | Lynn Collienne	11:00 - 12:00 **Yoga** Body & Mind Cube | Sabine De Wilde	11:00 - 12:00 **BODY & MIND (BE)** Body & Mind Cube | Sabine De Wilde	19:00 - 20:00 **Indoor Cycling** Cycling Studio | Natasha Kerremans	11:00 - 12:00 **Yoga** Body & Mind Cube | Sabine De Wilde	11:00 - 12:00 **Yoga** Body & Mind Cube | Rudi Verboven	11:00 - 11:30 **BBB** Group Classes Studio | Nicky Van Nespen
18:45 - 19:30 **Icebath** Body & Mind Cube | Lynn Collienne	18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Roman Thoen		19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Ilse Willeme	19:00 - 19:30 **BBB** Group Classes Studio | Nicky Van Nespen		11:30 - 12:30 **Zumba®** Group Classes Studio | Nicky Van Nespen
19:30 - 20:30 **Indoor Cycling** Cycling Studio | Natasha Kerremans	18:30 - 19:30 **Indoor Cycling** Cycling Studio | Chrisje Bergmans		19:00 - 20:00 **Pilates** Body & Mind Cube | Katalin Sarkozi	19:30 - 20:30 **Zumba®** Group Classes Studio | Nicky Van Nespen		
	19:00 - 20:00 **BBB** Group Classes Studio | Nicky Van Nespen		19:30 - 20:30 **Start To Workout (SGT)** Fitness Floor | Johan Albert			
	19:30 - 20:30 **Indoor Cycling** Cycling Studio | Chrisje Bergmans					
	20:00 - 21:00 **Zumba®** Group Classes Studio | Nicky Van Nespen					