Horaire de cours Jims Sint-Niklaas

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:00 - 10:00 **Jims Jump** Group Classes Studio	10:00 - 11:00 **Start To Workout (SGT)** Group Classes Studio | Kobe Rombouts		10:00 - 11:00 **INDOOR CYCLING CUBE (BE)** Cycling Cube	10:00 - 11:00 **Forever Fit (SGT)** Group Classes Studio | Wouter Der Kinderen	09:30 - 10:30 **Indoor Cycling** Cycling Cube | Magicline 2	10:00 - 11:00 **Jims Jump** Cycling Cube
10:15 - 11:15 **Get stronger** Group Classes Studio | JIMS Sint-Niklaas	19:00 - 20:00 **Jims Jump** Cycling Cube		10:00 - 11:00 **Indoor Cycling** Cycling Cube | Magicline 2	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio		10:00 - 11:00 **Yoga** Group Classes Studio
18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio	19:00 - 20:00 **Pilates** Group Classes Studio		10:00 - 11:00 **Strength Training (SGT)** Group Classes Studio | Kobe Rombouts	19:30 - 20:00 **Core** Group Classes Studio		
19:30 - 20:00 **Core** Group Classes Studio	20:00 - 21:00 **BBB** Group Classes Studio		19:00 - 20:00 **BBB** Group Classes Studio			
20:00 - 21:00 **Indoor Cycling** Cycling Cube | Magicline 2			19:00 - 20:00 **Pilates** Cycling Cube			
20:00 - 21:00 **Zumba®** Group Classes Studio			20:00 - 21:00 **Dance** Group Classes Studio			
			20:00 - 21:00 **Jims Jump** Cycling Cube			

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09:00 - 10:00 **Jims Jump** Group Classes Studio	10:00 - 11:00 **Start To Workout (SGT)** Group Classes Studio | Kobe Rombouts	10:00 - 11:00 **Zumba®** Group Classes Studio	10:00 - 11:00 **INDOOR CYCLING CUBE (BE)** Cycling Cube	10:00 - 11:00 **Forever Fit (SGT)** Group Classes Studio | Wouter Der Kinderen	09:30 - 10:30 **Indoor Cycling** Cycling Cube | Magicline 2	10:00 - 11:30 **Jims Jump** Cycling Cube
10:15 - 11:15 **Get stronger** Group Classes Studio | JIMS Sint-Niklaas	19:00 - 20:00 **Jims Jump** Cycling Cube	18:00 - 19:00 **Indoor Cycling** Cycling Cube | Magicline 2	10:00 - 11:00 **Indoor Cycling** Cycling Cube | Magicline 2	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio		10:00 - 11:00 **Yoga** Group Classes Studio
18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio	19:00 - 20:00 **Pilates** Group Classes Studio	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio	11:00 - 12:00 **Strength Training (SGT)** Group Classes Studio | Amaro Van De Moortele	19:30 - 20:00 **Core** Group Classes Studio		
19:30 - 20:00 **Core** Group Classes Studio	20:00 - 21:00 **BBB** Group Classes Studio	19:15 - 20:15 **Jims Jump** Cycling Cube	19:00 - 20:00 **BBB** Group Classes Studio			
20:00 - 21:00 **Indoor Cycling** Cycling Cube | Magicline 2		20:00 - 21:00 **Les Mills Bodycombat ™** Group Classes Studio	19:00 - 20:00 **Pilates** Cycling Cube			
20:00 - 21:00 **Zumba®** Group Classes Studio			20:00 - 21:00 **Dance** Group Classes Studio			
			20:00 - 21:00 **Jims Jump** Cycling Cube			