Horaire de cours Jims Lier Sas

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
13:00 - 14:00 **RUNNING GX (BE)** Outdoors | Levi Dufour	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Erik Schulte	10:00 - 11:00 **Go Functional (SGT)** Group Classes Studio | Levi Dufour	18:45 - 19:45 **Boxing** Cycling Cube	10:30 - 12:30 **Conditioning (SGT)** Outdoors | Erik Schulte	09:30 - 10:30 **Les Mills Bodypump ™** Group Classes Studio | Koen Vercammen	10:00 - 11:00 **Zumba®** Group Classes Studio | Dounia Hautain
18:00 - 18:45 **Start To Workout (SGT)** Fitness Floor | Erik Schulte	12:30 - 13:30 **Conditioning (SGT)** Outdoors | Levi Dufour, Erik Schulte	17:30 - 18:30 **Yin Yoga** Cycling Cube | Maria Hildegard Frans	19:00 - 20:00 **Zumba®** Group Classes Studio | Evi Wijns	19:00 - 20:00 **Zumba®** Group Classes Studio | Sabine Cornelis	10:30 - 11:30 **Pilates** Group Classes Studio | Maria Hildegard Frans	10:30 - 11:30 **Indoor Cycling** Cycling Cube | Bart Theeuws
19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Erik Schulte	19:00 - 20:00 **GO HYBRID SGT(BE)** Functional Zone | Cédric Van Haute	19:00 - 20:00 **BOXING FUNDAMENTALS (BE)** Cycling Cube | Stan Verschueren	20:00 - 21:00 **Go Functional (SGT)** Fitness Floor | Erik Schulte	20:00 - 21:00 **Pilates** Group Classes Studio | Maria Hildegard Frans	11:30 - 12:30 **Yin Yoga** Group Classes Studio | Maria Hildegard Frans	
20:30 - 21:30 **Burn** Group Classes Studio	19:30 - 20:30 **Indoor Cycling** Cycling Cube | Frank Van Campenhout	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Erik Schulte	20:00 - 21:00 **Indoor Cycling** Cycling Cube | Dirk Keiser	21:00 - 22:00 **Yin Yoga** Group Classes Studio | Maria Hildegard Frans		
20:30 - 21:30 **Vinyasa Yoga** Cycling Cube | Kristel Ketele	20:00 - 21:00 **Zumba®** Group Classes Studio | Dounia Hautain	20:00 - 21:00 **Burn** Group Classes Studio	20:00 - 21:00 **Vinyasa Yoga** Group Classes Studio | Kristel Ketele			
		20:45 - 21:30 **Move For Health (SGT)** Functional Zone | Erik Schulte	21:00 - 22:00 **Les Mills Bodypump ™** Group Classes Studio | Erik Schulte			

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