# Horaire de cours Jims Nijlen

Cube ■ Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 18:15 - 18:45<br>**Start To Workout (SGT)**<br>Group Classes Studio \| Kjetil Heylen | 19:00 - 20:00<br>**Dance**<br>Evi Wijns | 09:00 - 10:00<br>**Boxing**<br>Group Classes Studio \| Jenny van den Brandt | 18:15 - 18:45<br>**Forever Fit (SGT)**<br>Group Classes Studio \| Femke Daems | 09:00 - 09:45<br>**Conditioning (SGT)**<br>Group Classes Studio \| Jenny van den Brandt | 09:00 - 10:00<br>**Dance**<br>Group Classes Studio \| Evi Wijns | 09:00 - 09:45<br>**Les Mills Pilates ™**<br>Group Classes Studio \| Kjetil Heylen |
| 19:00 - 20:00<br>**Boxing**<br>Group Classes Studio \| Jenny van den Brandt | 20:00 - 21:00<br>**Yoga**<br>Group Classes Studio \| Frieda Van Harck | 10:00 - 11:00<br>**Pilates**<br>Group Classes Studio \| Jenny van den Brandt | 19:00 - 20:00<br>**Pilates**<br>Group Classes Studio \| Femke Daems | 10:00 - 10:30<br>**Core**<br>Group Classes Studio \| Jenny van den Brandt | 10:00 - 11:00<br>**Dance**<br>Group Classes Studio \| Evi Wijns | 10:00 - 11:00<br>**Les Mills Bodypump ™**<br>Group Classes Studio \| Ingrid Van Bouchaute |
| 20:00 - 20:30<br>**Burn**<br>Group Classes Studio \| Jenny van den Brandt | | | 20:00 - 21:00<br>**AEROBICS (BE)**<br>Group Classes Studio \| Femke Daems | | | |
| 20:30 - 21:30<br>**BBB**<br>Group Classes Studio \| Jenny van den Brandt | | | 21:00 - 22:00<br>**Boxing**<br>Group Classes Studio \| Jenny van den Brandt | | | |

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