Horaire de cours Jims Waregem

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
18:00 - 19:00 **Boxing**	18:00 - 19:00 **Strength For Women (SGT)** Group Classes Studio | Lavinia Van Hoe	09:30 - 10:15 **Pilates** Group Classes Studio | Leen Ide	08:15 - 09:15 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Lavinia Van Hoe	09:00 - 10:00 **FLOW YOGA CUBE (BE)** Group Classes Studio | Regine Van Den Bogaerde	10:00 - 11:00 **Indoor Cycling** Group Classes Studio | Elke Cornelis	10:00 - 11:00 **Pilates** Group Classes Studio | Johnny Bauwens
19:00 - 20:00 **BBB** Group Classes Studio	19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Steven Maelfait	10:15 - 11:15 **Yin Yoga** Group Classes Studio | Leen Ide	19:00 - 20:00 **Muay Thai** Group Classes Studio		11:00 - 12:00 **Les Mills Bodypump ™** Belinda Kruger	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens
20:00 - 21:00 **Step** Stefanie Van Heule	20:00 - 21:00 **SELF DEFENSE (BE)**	18:00 - 19:00 **Zumba®** Group Classes Studio | Johnny Bauwens				
		19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Johnny Bauwens				
		20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens				

Horaire de cours Jims Waregem

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
13:00 - 14:00 **Start To Workout (SGT)** Fitness Floor | Robbe Devarrewaere	18:00 - 19:00 **Strength For Women (SGT)** Group Classes Studio | Lavinia Van Hoe	09:30 - 10:15 **Pilates** Group Classes Studio | Leen Ide	08:15 - 09:15 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Lavinia Van Hoe	09:00 - 10:00 **FLOW YOGA CUBE (BE)** Group Classes Studio | Regine Van Den Bogaerde	10:00 - 11:00 **Indoor Cycling** Group Classes Studio | Elke Cornelis	10:00 - 11:00 **Pilates** Group Classes Studio | Johnny Bauwens
18:00 - 19:00 **Boxing**	19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Steven Maelfait	10:15 - 11:15 **Yin Yoga** Group Classes Studio | Leen Ide	19:00 - 20:00 **Muay Thai** Group Classes Studio		11:00 - 12:00 **Les Mills Bodypump ™** Belinda Kruger	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens
19:00 - 20:00 **BBB** Group Classes Studio	20:00 - 21:00 **SELF DEFENSE (BE)**	18:00 - 19:00 **Zumba®** Group Classes Studio | Johnny Bauwens				
20:00 - 21:00 **Step** Stefanie Van Heule		19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Johnny Bauwens				
		20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Johnny Bauwens				