Horaire de cours Jims Lommel

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:30 **Mobility (SGT)** Kirstin Konitz	09:30 - 10:30 **Forever Fit (SGT)** Jasmine Tips	09:30 - 10:30 **Healthy Back (SGT)** Kirstin Konitz	09:30 - 10:30 **Forever Fit (SGT)** Jasmine Tips	09:30 - 10:30 **Strength For Women (SGT)** Kirstin Konitz	09:15 - 10:15 **Step** Mieke Ceelen	09:30 - 10:30 **Dance** Nsabimana Lenaerts
19:00 - 20:00 **Boxing** Jasmine Tips	10:30 - 11:30 **CIRCL MOBILITY™ (BE)** Jasmine Tips	10:30 - 11:30 **Indoor Cycling** Mirjam Kramer	10:30 - 11:30 **Yoga** Silvia Hendriks	10:30 - 11:30 **CIRCL MOBILITY™ (BE)** Jasmine Tips	10:15 - 11:15 **Pilates** Silvia Hendriks	10:30 - 11:30 **Indoor Cycling** Jessie Haex
20:00 - 21:00 **Indoor Cycling** Lauren Vandervee	19:00 - 20:00 **Step** Mieke Ceelen	18:30 - 19:30 **Indoor Cycling** Jessie Haex	19:00 - 20:00 **BBB** Ine Ooms	19:00 - 20:00 **Dance** Nsabimana Lenaerts	11:15 - 12:15 **Power** Ron Vincent Duiker	
	20:00 - 21:00 **BBB** Tessa Schoeters	18:30 - 19:30 **Start To Workout (SGT)** Fitness Floor | Jannik Klopfel	19:00 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Jannik Klopfel			
		19:30 - 20:30 **Power** Ron Vincent Duiker	20:00 - 21:00 **Pilates** Silvia Hendriks			
		20:30 - 21:30 **Yoga** Silvia Hendriks				

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LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
				09:30 - 10:30 **Strength For Women (SGT)** Kirstin Konitz	09:15 - 10:15 **Step** Mieke Ceelen	09:30 - 10:30 **Dance** Nsabimana Lenaerts
				10:30 - 11:30 **CIRCL MOBILITY™ (BE)** Jasmine Tips	10:15 - 11:15 **Pilates** Mieke Ceelen	10:30 - 11:30 **Indoor Cycling** Mirjam Kramer
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