Horaire de cours Jims Bruges Houtkaai

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
14:00 - 15:00 **Pilates** Group Classes Studio | Marianne Van Wulpen	20:15 - 21:15 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Cromwell Cuvalay	15:30 - 16:30 **Start To Workout (SGT)** Group Classes Studio | Feline Maas	08:30 - 09:30 **Pilates** Group Classes Studio | Marianne Van Wulpen		09:00 - 10:00 **Yoga** Jochen Snick	
19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor		19:00 - 20:00 **Yoga** Group Classes Studio | Julie Debrabant	13:30 - 14:30 **Yoga** Group Classes Studio | Julie Debrabant		10:30 - 11:30 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Cromwell Cuvalay	
19:30 - 20:30 **Vinyasa Yoga** Group Classes Studio | Jochen Snick			18:00 - 19:00 **Conditioning (SGT)** Feline Maas			
			20:00 - 21:00 **AFRODANCE (BE)** Group Classes Studio | Mike Ngoyi ilunga			

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Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor	17:00 - 18:00 **Go Functional (SGT)** Fitness Floor | Mathijs Derous	15:30 - 16:30 **Start To Workout (SGT)** Group Classes Studio | Feline Maas	08:30 - 09:30 **Pilates** Group Classes Studio | Marianne Van Wulpen	18:00 - 19:00 **Zumba®** Group Classes Studio	09:00 - 10:00 **Yoga** Jochen Snick	
19:30 - 20:30 **Vinyasa Yoga** Group Classes Studio | Jochen Snick	18:00 - 19:00 **Strength For Women (SGT)** Feline Maas	19:00 - 20:00 **Yoga** Group Classes Studio | Julie Debrabant	13:30 - 14:30 **Yoga** Group Classes Studio | Julie Debrabant	19:00 - 20:00 **BBB** Group Classes Studio	10:30 - 11:30 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Cromwell Cuvalay	
	20:30 - 21:30 **LES MILLS STRENGTH DEVELOPMENT (BE)** Group Classes Studio | Cromwell Cuvalay		18:00 - 19:00 **Conditioning (SGT)** Feline Maas			
			20:00 - 21:00 **AFRODANCE (BE)** Group Classes Studio | Mike Ngoyi ilunga			