Horaire de cours Jims Temse

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
19:30 - 20:30 **BBB** Group Classes Studio | Dirk Noens	17:00 - 18:00 **GO HYBRID SGT - TYRUN (BE)** Outdoors | Eli Eeckelaert	10:00 - 11:00 **PARTYROBICS® CARDIO DANCE (BE)** Group Classes Studio | Regina Isabaeva	16:00 - 16:45 **NOCCO HYBRID LABS (BE)** Group Classes Studio | Eli Eeckelaert	10:00 - 11:00 **Forever Fit (SGT)** Group Classes Studio | Kyra Van Hove	10:00 - 11:00 **Indoor Cycling** Group Classes Studio | Luc De Bruyne	09:30 - 10:30 **Vinyasa Yoga** Group Classes Studio | Olha Vercauteren
20:30 - 21:30 **Indoor Cycling**	19:30 - 20:30 **Step** Group Classes Studio | Patricia Wuyts	18:30 - 19:30 **Weight Health (SGT)** Group Classes Studio | Eli Eeckelaert	17:00 - 17:45 **NOCCO HYBRID LABS (BE)** Group Classes Studio | Eli Eeckelaert	18:30 - 19:30 **Strength Training (SGT)** Fitness Floor | Agim Beqiri		11:00 - 12:00 **Indoor Cycling** Group Classes Studio | Tim Wynants
	20:30 - 21:30 **Pilates** Group Classes Studio | Olha Vercauteren	20:00 - 21:00 **Indoor Cycling** Group Classes Studio | Luc De Bruyne	18:00 - 19:00 **Yogalates** Group Classes Studio | Olha Vercauteren			11:00 - 12:00 **Strength For Women (SGT)** Fitness Floor | Eli Eeckelaert
			18:30 - 19:30 **Strength Training (SGT)** Fitness Floor | Agim Beqiri			
			19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Cedric Deceur			
			20:00 - 21:00 **Core** Group Classes Studio | Cedric Deceur			
			20:30 - 21:30 **Indoor Cycling** Group Classes Studio | Tim Wynants			

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