# Horaire de cours Jims Meise

Cube  Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 19:00 - 20:00<br>**Les Mills Bodyattack ™**<br>Marieke Walrave | 18:30 - 19:30<br>**Conditioning (SGT)**<br>Samih Jouhri | 18:30 - 19:00<br>**Core**<br>Evelyn De Boeck | 18:30 - 19:30<br>**Total Body Conditioning**<br>Silke De Keyser | 18:30 - 19:30<br>**GO HYBRID SGT(BE)**<br>Jeremy Van Goubergen | 10:00 - 11:00<br>**Total Body Conditioning**<br>Silke De Keyser | 10:00 - 11:00<br>**BBB** |
| 20:00 - 21:00<br>**Yoga**<br>Leen Nieuwlandt | 19:30 - 20:30<br>**BBB** | 19:00 - 20:00<br>**Burn**<br>Evelyn De Boeck | 19:30 - 20:30<br>**Pilates**<br>Silke De Keyser | | 11:00 - 11:30<br>**ABDO WOD (BE)** | 11:00 - 12:00<br>**Indoor Cycling**<br>Yves De Maeseneer |
| | 20:30 - 21:30<br>**Zumba®** | | 20:30 - 21:30<br>**Indoor Cycling**<br>Bert Van Zeebroeck | | 11:30 - 12:30<br>**HIIT** | |

# Horaire de cours Jims Meise

Cube  Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 19:00 - 20:00<br>**Les Mills Bodyattack ™**<br>Marieke Walrave | 18:30 - 19:30<br>**Conditioning (SGT)**<br>Samih Jouhri | 18:30 - 19:00<br>**Core**<br>Evelyn De Boeck | 18:30 - 19:30<br>**Total Body Conditioning**<br>Silke De Keyser | 18:30 - 19:30<br>**GO HYBRID SGT(BE)**<br>Jeremy Van Goubergen | 10:00 - 11:00<br>**Total Body Conditioning**<br>Silke De Keyser | 10:00 - 11:00<br>**BBB** |
| 20:00 - 21:00<br>**Yoga**<br>Leen Nieuwlandt | 19:30 - 20:30<br>**BBB** | 19:00 - 20:00<br>**Burn**<br>Evelyn De Boeck | 19:30 - 20:30<br>**Pilates**<br>Silke De Keyser | | 11:00 - 11:30<br>**ABDO WOD (BE)** | 11:00 - 12:00<br>**Indoor Cycling**<br>Yves De Maeseneer |
| | 20:30 - 21:30<br>**Zumba®** | | 20:30 - 21:30<br>**Indoor Cycling**<br>Bert Van Zeebroeck | | 11:30 - 12:30<br>**HIIT** | |