# Horaire de cours Jims Meerhout

Cube  Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 19:00 - 20:00<br>**Indoor Cycling**<br>Cycling Cube \| Wim Vandenbroeck | 10:00 - 11:00<br>**Pilates**<br>Balie \| Luna Vandenbergh | | 19:00 - 20:00<br>**Les Mills Bodypump ™**<br>Balie \| Ignias Dierckx | 10:00 - 11:00<br>**Forever Fit (SGT)**<br>Balie \| Lieze Mertens | 09:00 - 10:00<br>**Core**<br>Balie | |
| | 19:00 - 20:00<br>**Les Mills Bodypump ™**<br>Balie \| Ignias Dierckx | | 20:00 - 21:00<br>**Core**<br>Balie | 19:00 - 19:45<br>**Move For Health (SGT)**<br>Balie \| Luna Vandenbergh | 10:00 - 11:00<br>**Indoor Cycling**<br>Cycling Cube \| Kristien Thijs | |
| | | | 20:00 - 21:00<br>**Strength For Women (SGT)**<br>Balie \| Luna Vandenbergh | | | |

# Horaire de cours Jims Meerhout

Cube ■ Small Group Training

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|---|---|---|---|
| 19:00 - 20:00<br>**Pilates**<br>Balie \| Luna Vandenbergh | 10:00 - 11:00<br>**Pilates**<br>Balie \| Luna Vandenbergh | 10:00 - 11:00<br>**Start To Workout (SGT)**<br>Balie \| Lieze Mertens | 18:00 - 18:45<br>**NOCCO HYBRID LABS (BE)**<br>Balie \| Luna Vandenbergh | 10:00 - 11:00<br>**Forever Fit (SGT)**<br>Balie \| Lieze Mertens | 09:00 - 10:00<br>**Core**<br>Balie | |
| | 19:00 - 20:00<br>**Conditioning (SGT)**<br>Balie \| Jessy Baumans | 18:00 - 19:00<br>**Healthy Back (SGT)**<br>Balie \| Luna Vandenbergh | 19:00 - 20:00<br>**Les Mills Bodypump ™**<br>Balie \| Ignias Dierckx | 19:00 - 19:45<br>**Move For Health (SGT)**<br>Balie \| Luna Vandenbergh | 10:00 - 11:00<br>**Indoor Cycling**<br>Cycling Cube \| Kristien Thijs | |
| | 20:00 - 21:00<br>**Les Mills Bodypump ™**<br>Balie \| Ignias Dierckx | 19:00 - 20:00<br>**BBB**<br>Balie \| Jessica Gebruers | 20:00 - 21:00<br>**Core**<br>Balie | | | |
| | | 19:00 - 20:00<br>**Indoor Cycling**<br>Cycling Cube \| Wim Vandenbroeck | 20:00 - 21:00<br>**Strength For Women (SGT)**<br>Balie \| Luna Vandenbergh | | | |
| | | 20:00 - 21:00<br>**Les Mills Bodybalance ™**<br>Balie \| Jessica Gebruers | 21:00 - 21:45<br>**NOCCO HYBRID LABS (BE)**<br>Balie \| Luna Vandenbergh | | | |