Horaire de cours Jims Herselt

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
13:00 - 14:00 **Pilates** Group Classes Studio | Florence Hopmans	19:00 - 20:00 **Strength For Women (SGT)** Laura Saenen	17:00 - 18:00 **Pilates** Group Classes Studio | Sylvia Reyes-Caldera	18:30 - 19:00 **Step** Group Classes Studio | Laura Saenen	13:00 - 14:00 **Pilates** Group Classes Studio | Florence Hopmans	10:30 - 11:00 **HIIT** Group Classes Studio | Arne Van Hove	12:00 - 13:00 **Les Mills Bodypump ™** Group Classes Studio | Koen Vercammen
19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Katia Dewalheyns	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio	18:00 - 18:30 **Step** Group Classes Studio | Laura Saenen	19:00 - 20:00 **Indoor Cycling** Katia Dewalheyns		11:00 - 12:00 **Yoga** Arne Van Hove	
19:00 - 20:00 **Start To Workout (SGT)** Sylvia Reyes-Caldera		18:45 - 19:45 **Go Functional (SGT)** Laura Saenen	19:00 - 20:00 **Start To Workout (SGT)** Sylvia Reyes-Caldera			
20:00 - 21:00 **Indoor Cycling** Group Classes Studio | Katia Dewalheyns			20:00 - 21:00 **GO HYBRID SGT(BE)** Functional Zone | Laura Saenen			
			20:00 - 21:00 **Zumba®** Dounia Hautain			

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19:00 - 20:00 **Indoor Cycling** Group Classes Studio | Katia Dewalheyns		18:45 - 19:45 **Go Functional (SGT)** Laura Saenen	19:00 - 20:00 **Start To Workout (SGT)** Sylvia Reyes-Caldera			
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