Horaire de cours Jims Tielt

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:45 - 09:30 **Pilates** Group Classes Studio | Leen Ide	19:30 - 20:30 **HIIT** Group Classes Studio | Katrien Allaert	09:00 - 10:00 **Start To Workout (SGT)** Fitness Floor | Benjamin Rysman	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Joyce Cornillie		13:00 - 14:00 **Start To Workout (SGT)** Fitness Floor | Willem Bincquet	10:30 - 11:30 **Squat Bench Deadlift (SGT)** Fitness Floor | Benjamin Rysman
09:30 - 10:30 **Yoga** Group Classes Studio | Leen Ide	20:30 - 21:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Katrien Allaert	18:00 - 19:00 **Go Functional (SGT)** Group Classes Studio | Willem Bincquet	19:15 - 20:00 **Les Mills Pilates ™** Group Classes Studio | Katrien Allaert			
18:00 - 19:00 **Conditioning (SGT)** Group Classes Studio | Andy Van Cauwenberghe		19:00 - 20:00 **Zumba®** Group Classes Studio | Hanne Ameye	19:30 - 20:30 **Indoor Cycling** Cycling Cube | Fiore Patrick			
19:30 - 20:00 **ABDO WOD (BE)** Group Classes Studio | Katrien Allaert		19:30 - 20:30 **INDOOR CYCLING CUBE (BE)** Cycling Cube | JIMS Tielt	20:00 - 20:30 **ABDO WOD (BE)** Group Classes Studio | Katrien Allaert			
20:00 - 21:00 **Les Mills Bodypump ™** Group Classes Studio | Katrien Allaert			20:30 - 21:30 **Les Mills Bodypump ™** Group Classes Studio | Katrien Allaert			

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