Horaire de cours Jims Hoogstraten

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:30 **Pilates** Group Classes Studio | Natasha Pauwels	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Milla Goormans	18:00 - 19:00 **GO HYBRID SGT(BE)** Fitness Floor | Maarten Ettema	09:00 - 10:00 **NOCCO HYBRID LABS (BE)** Maarten Ettema		13:00 - 14:00 **Les Mills Bodypump ™** Group Classes Studio | Doina Manu	
10:30 - 11:30 **Yoga** Group Classes Studio | Natasha Pauwels	20:00 - 21:00 **Pilates** Group Classes Studio | Natasha Pauwels	19:00 - 20:00 **Zumba®** Group Classes Studio | Kristel Vandeneynde	17:00 - 17:50 **NOCCO HYBRID LABS (BE)** Functional Zone | Lando Schalk			
11:00 - 12:00 **Start To Workout (SGT)** Fitness Floor | Milla Goormans		20:00 - 21:00 **Boxing** Group Classes Studio | Maarten Ettema	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Doina Manu			
19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Lando Schalk			19:30 - 20:30 **Go Functional (SGT)** Fitness Floor | Lando Schalk			
19:00 - 20:00 **Zumba®** Group Classes Studio | Kristel Vandeneynde			20:30 - 21:30 **NOCCO HYBRID LABS (BE)** Functional Zone | Lando Schalk			
20:00 - 21:00 **Boxing** Group Classes Studio | Maarten Ettema						

Horaire de cours Jims Hoogstraten

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:30 **Strength For Women (SGT)** Fitness Floor | Milla Goormans	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Milla Goormans	18:00 - 19:00 **GO HYBRID SGT(BE)** Fitness Floor | Maarten Ettema	09:00 - 10:00 **Strength Training (SGT)** Fitness Floor | Milla Goormans		09:30 - 10:30 **Les Mills Bodypump ™** Group Classes Studio | Doina Manu	
11:00 - 12:00 **Start To Workout (SGT)** Fitness Floor | Milla Goormans	20:00 - 21:00 **Pilates** Group Classes Studio | Natasha Pauwels	19:00 - 20:00 **Zumba®** Group Classes Studio | Kristel Vandeneynde	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Doina Manu		12:00 - 13:00 **Yoga** Group Classes Studio | Natasha Pauwels	
18:00 - 19:00 **Strength Training (SGT)** Fitness Floor | Lando Schalk		20:00 - 21:00 **Boxing** Group Classes Studio | Maarten Ettema	19:30 - 20:30 **Go Functional (SGT)** Fitness Floor | Lando Schalk			
19:00 - 20:00 **Zumba®** Group Classes Studio | Kristel Vandeneynde						
20:00 - 21:00 **Boxing** Group Classes Studio | Maarten Ettema						