Horaire de cours Jims Roulers

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:15 - 11:00 **Start To Workout (SGT)** Gauthier Standaert	18:00 - 19:00 **Hybrid X** Functional Zone | Gauthier Standaert	07:15 - 08:00 **Strength For Women (SGT)** Fitness Floor | Katrina Low	17:30 - 18:00 **Mobility** Functional Zone | Marlon D'hoore			10:30 - 12:00 **BOXING CUBE (BE)** Boxing Cube | Thibo Hellebuyck
17:00 - 18:00 **Strength For Women (SGT)** Group Classes Studio | Katrina Low	20:00 - 21:00 **AFRODANCE (BE)** Group Classes Studio | Mike Ngoyi ilunga	18:30 - 19:00 **Core** Group Classes Studio	18:00 - 19:00 **Strength For Women (SGT)** Group Classes Studio | Katrina Low			
18:00 - 18:45 **Pilates** Group Classes Studio | Katrina Low		19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio	19:00 - 20:30 **Kickboxing** Boxing Cube | Frederick Derijcke			
19:00 - 20:00 **Calisthenics** Functional Zone | Marlon D'hoore			19:15 - 20:00 **Pilates** Group Classes Studio | Katrina Low			
19:00 - 20:30 **Kickboxing** Boxing Cube | Frederick Derijcke			20:00 - 21:00 **Hybrid X** Functional Zone | Gauthier Standaert			
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio			20:00 - 21:00 **Self Defense** Boxing Cube			

Horaire de cours Jims Roulers

Cube Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10:15 - 11:00 **Start To Workout (SGT)** Gauthier Standaert	17:30 - 18:00 **Core** Group Classes Studio	07:15 - 08:00 **Strength For Women (SGT)** Fitness Floor | Katrina Low	17:30 - 18:00 **Mobility** Functional Zone | Marlon D'hoore		10:30 - 12:00 **BOXING CUBE (BE)** Boxing Cube | Thibo Hellebuyck	10:30 - 12:00 **BOXING CUBE (BE)** Boxing Cube | Thibo Hellebuyck
17:00 - 18:00 **Strength For Women (SGT)** Group Classes Studio | Katrina Low	18:00 - 19:00 **Hybrid X** Functional Zone | Gauthier Standaert		18:00 - 19:00 **Strength For Women (SGT)** Group Classes Studio | Katrina Low			
18:00 - 18:45 **Pilates** Group Classes Studio | Katrina Low	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio		19:00 - 20:30 **Kickboxing** Boxing Cube | Frederick Derijcke			
19:00 - 20:00 **Calisthenics** Functional Zone | Marlon D'hoore	20:00 - 21:00 **AFRODANCE (BE)** Group Classes Studio | Mike Ngoyi ilunga		20:00 - 21:00 **Hybrid X** Functional Zone | Gauthier Standaert			
19:00 - 20:30 **Kickboxing** Boxing Cube | Frederick Derijcke			20:00 - 21:00 **Self Defense** Boxing Cube			
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio						