Horaire de cours Jims Courtrai Centre

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
07:00 - 08:00 **Pilates** Group Classes Studio | Fanny Van Winkel	08:00 - 09:00 **Strength Training (SGT)** Fitness Floor | Rembert Van Den Haute	11:00 - 11:45 **Healthy Back (SGT)** Fitness Floor | Rembert Van Den Haute	07:00 - 08:00 **Pilates** Group Classes Studio | Fanny Van Winkel	09:00 - 10:00 **Start To Workout (SGT)** Fitness Floor | Brendan Haezaert	09:15 - 10:15 **GO HYBRID SGT(BE)** Fitness Floor | Jake Plaskie	09:15 - 10:15 **Core** Rembert Van Den Haute
08:00 - 09:00 **Start To Workout (SGT)** Fitness Floor | Brendan Haezaert	18:00 - 18:50 **Pilates** Group Classes Studio | Feli Meurisse	17:30 - 18:30 **Les Mills Bodypump ™** Group Classes Studio | Fanny Van Winkel	18:00 - 19:00 **Boxing** Group Classes Studio | Laura Van den haute	18:00 - 19:00 **GO HYBRID SGT(BE)** Jake Plaskie		11:15 - 12:00 **Forever Fit (SGT)** Fitness Floor | Rembert Van Den Haute
18:00 - 19:00 **Conditioning (SGT)** Fitness Floor | Rembert Van Den Haute	18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Bram Vereecke	18:30 - 19:30 **BBB** Group Classes Studio | Fanny Van Winkel	18:00 - 19:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Bram Vereecke	19:00 - 20:00 **AFRODANCE (BE)** Group Classes Studio | Mike Ngoyi ilunga		
19:00 - 20:00 **Get stronger** Fitness Floor | Jake Plaskie	19:00 - 19:50 **Pilates** Group Classes Studio | Feli Meurisse	18:30 - 19:30 **Total Body Conditioning** Group Classes Studio | Fanny Van Winkel	19:15 - 20:15 **Les Mills Bodypump ™** Group Classes Studio | Eva Simons			
	20:00 - 21:00 **Boxing** Group Classes Studio | Laura Van den haute	20:00 - 21:00 **Core** Group Classes Studio | Stefanie François	20:15 - 21:15 **Les Mills Dance** Group Classes Studio | Eva Simons			

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