



Horaires de cours Jims Andenne

■ Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
17:00 - 18:00 Crosstraining Functional Zone Alexandra Barbagallo	09:00 - 10:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Alexandra Barbagallo	09:00 - 10:00 Crosstraining Functional Zone Michael Monseux	17:00 - 18:00 Strength For Women (SGT) Functional Zone Jessica Suliman	17:00 - 18:00 Crosstraining Functional Zone Antoine Peters	10:00 - 11:00 Les Mills Bodypump ™ Group Classes Studio Alexandra Barbagallo	10:00 - 11:00 Les Mills Bodypump ™ Group Classes Studio Christophe Kinet
17:00 - 18:00 Start To Workout (SGT) Fitness Floor Lucas Delhaise	17:00 - 18:00 Go Functional (SGT) Functional Zone Sébastien Renier	17:00 - 18:00 Start To Workout (SGT) Functional Zone Denis De Thuin	18:00 - 19:00 Les Mills Bodyattack ™ Group Classes Studio Benjamin Gomez	18:00 - 19:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Antoine Peters	11:00 - 12:00 Cuisses Abdos Fessiers (CAF) Group Classes Studio Alexandra Barbagallo	11:00 - 12:00 Pilates Group Classes Studio Christophe Kinet
18:00 - 19:00 Hybrid X Functional Zone Sébastien Renier	18:00 - 19:00 Les Mills Bodyattack ™ Group Classes Studio Julien Larivière	18:00 - 19:00 Weight Health (SGT) Fitness Floor Denis De Thuin	18:00 - 18:30 Mobility (SGT) Functional Zone Jessica Suliman			
19:00 - 20:00 Pilates Group Classes Studio Sébastien Renier	18:00 - 19:00 Squat Bench Deadlift (SGT) Functional Zone Lucas Delhaise	19:00 - 20:00 STRONG Nation® Group Classes Studio Jessica Suliman				
	19:00 - 20:00 Hybrid X Functional Zone Sébastien Renier					
	19:00 - 20:00 Les Mills Bodypump ™ Group Classes Studio Julien Larivière					

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