Lessenrooster Jims Gent Dok Noord

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
18:00 - 19:00 **Sculpt** Group Classes Studio | Emeni Bader	12:00 - 13:00 **Pilates** Group Classes Studio | Michelle Elsen	07:30 - 08:30 **Pilates** Group Classes Studio | Mara Oud	10:00 - 11:00 **Pilates** Group Classes Studio | Gaetane Callens	18:00 - 19:00 **Animal Flow** Group Classes Studio | Yasin Karadag	10:00 - 11:00 **Les Mills RPM ™** Cycling Cube | Daisy Dejonghe	09:45 - 10:45 **Les Mills Bodypump ™** Group Classes Studio | An De Decker
18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | Dylan Paul	18:00 - 19:00 **Strength Training (SGT)** Functional Zone | Yasin Karadag	08:30 - 09:30 **Mobility** Mara Oud	18:00 - 19:00 **Moving Mom (SGT)** Functional Zone | Dylan Paul	19:30 - 20:30 **Cardio Boxing** Group Classes Studio | Ronny De Groeve	11:00 - 12:00 **BBB** Group Classes Studio | Daisy Dejonghe	11:00 - 12:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | An De Decker
19:00 - 20:00 **BBB** Group Classes Studio | Emeni Bader	18:15 - 19:15 **Zumba®** Group Classes Studio | Sarah Croes	18:00 - 19:00 **Start To Workout (SGT)** Functional Zone | Dylan Paul	18:00 - 19:00 **Pilates** Gaetane Callens			
19:00 - 20:00 **INDOOR CYCLING CUBE (BE)** Cycling Cube | Hannah Vannut	19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Malou Berckmoes	18:30 - 19:30 **Yin Yoga** Group Classes Studio | Judith De Mulder	19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Katleen De Temmerman			
19:00 - 20:00 **Strength For Women (SGT)** Functional Zone | Malou Berckmoes	19:15 - 20:15 **Pilates** Group Classes Studio | Laura Parmentier	19:00 - 20:00 **HYROX** Functional Zone | Yasin Karadag	19:00 - 20:00 **Calisthenics** Functional Zone | Yasin Karadag			
20:00 - 21:00 **Calisthenics** Functional Zone | Yasin Karadag	20:15 - 21:15 **Vinyasa Yoga** Group Classes Studio | Laura Parmentier	19:30 - 20:30 **Core** Group Classes Studio | Gaetane Callens	19:00 - 20:00 **Les Mills Bodyattack ™** Group Classes Studio | silina niils			
20:00 - 21:00 **Les Mills Bodyattack ™** Group Classes Studio | Olivier Ockers		20:30 - 21:30 **Pilates** Group Classes Studio | Gaetane Callens	20:00 - 21:00 **HYROX** Functional Zone | Dylan Paul			
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