Lessenrooster Jims Naamsepoort

Cube | Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
07:30 - 08:30 **Cardio Ride** Cycling Cube | Lars Ritter	12:15 - 13:00 **Cardio Ride** Cycling Cube | Bernard Passchier	08:00 - 09:00 **Crosstraining** Functional Zone | Antoni Mammarella	08:00 - 09:00 **HYROX** Performance Cube | David Todero	08:00 - 09:00 **Crosstraining** Functional Zone | Antoni Mammarella	10:00 - 11:00 **Total Body Conditioning** Group Classes Studio | Antoni Mammarella	10:00 - 11:00 **Pilates** Group Classes Studio | Kenia Bento dos reis
12:15 - 13:00 **HIIT Power** Performance Cube | Aurelie Tuli	12:15 - 13:00 **Pilates** Group Classes Studio | JIMS BXL Porte de Namur	12:15 - 13:00 **HYROX** Performance Cube | JIMS BXL Porte de Namur	12:15 - 13:15 **HYROX** Performance Cube | Clémentine Louis	12:15 - 13:00 **Pilates** Group Classes Studio | JIMS BXL Porte de Namur	11:30 - 12:30 **Yoga** Group Classes Studio | Floriana Palmieri	10:30 - 11:30 **HIIT Stamina** Performance Cube | Laurent Bouvry
12:15 - 13:00 **TAF** Group Classes Studio | Simone Lima	13:00 - 14:00 **Crosstraining** Functional Zone | Antoni Mammarella	12:15 - 13:00 **Sculpt** Group Classes Studio | Simone Lima	12:15 - 13:00 **Yoga** Group Classes Studio | Malgorzata Marmurowicz	12:15 - 13:15 **Strength For Women (SGT)** Functional Zone | Dieph-Standle Eliassaint	12:30 - 13:30 **Les Mills Bodyattack ™** Group Classes Studio | Lester Monfils	11:00 - 12:00 **Yoga** Group Classes Studio | Kenia Bento dos reis
13:00 - 13:45 **Pilates** Group Classes Studio | Rafik Abdulrah	13:00 - 13:45 **Yoga** Group Classes Studio | JIMS BXL Porte de Namur	13:00 - 13:45 **Core** Group Classes Studio | Ugo Chimah	13:00 - 14:00 **Pilates** Group Classes Studio | Primrose Ntumba	12:30 - 13:30 **Cardio Ride** Cycling Studio | Stephane Albi	12:30 - 13:30 **Strength Ride** Cycling Cube | Lars Ritter	11:30 - 12:30 **Cardio Ride** Cycling Cube | David Todero
16:30 - 17:30 **Strength For Women (SGT)** Performance Cube | Alice Courtois	16:30 - 17:30 **Start To Workout (SGT)** Fitness Floor | Adele Slachmuylders	17:30 - 18:30 **Yoga** Group Classes Studio | Kenia Bento dos reis	17:00 - 18:00 **Crosstraining** Functional Zone | Antoni Mammarella	13:00 - 13:45 **Yoga** Group Classes Studio | JIMS BXL Porte de Namur	14:00 - 15:00 **Jims Jump** Group Classes Studio | Ana Silveiro	14:30 - 15:30 **TAF** Group Classes Studio | Ugo Chimah
17:30 - 18:30 **HIIT Stamina** Performance Cube | Maria gioia Gowar	17:30 - 18:30 **Healthy Back (SGT)** Group Classes Studio | Antoni Mammarella	18:30 - 19:30 **Free Ride** Cycling Cube | Vanda cristina Serralheiro custodio	17:30 - 18:30 **HYROX** Performance Cube | David Todero	17:30 - 18:30 **HIIT Speed** Performance Cube | Aurelie Tuli		
17:30 - 18:30 **Les Mills Bodypump ™** Group Classes Studio | Antoine Tack	18:30 - 19:30 **Interval ride** Cycling Cube | Rafik Abdulrah	18:30 - 19:30 **HIIT Speed** Performance Cube | Aurelie Tuli	17:30 - 18:30 **Sculpt** Group Classes Studio | Cedric Demarbaix	17:30 - 18:30 **Pilates** Group Classes Studio | Cedric Demarbaix		
18:30 - 19:30 **Cardio Ride** Cycling Cube | Stephane Albi	18:30 - 19:30 **Les Mills Bodyattack ™** Group Classes Studio | Deborah Noel	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | JIMS BXL Porte de Namur	18:00 - 18:45 **NOCCO HYBRID LABS (BE)** Functional Zone | Zakaria Abou-Khalid	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Mitchel Terhoeven		
18:30 - 19:30 **HYROX** Cross Cube | Maria gioia Gowar	19:30 - 20:30 **Core** Group Classes Studio | Ugo Chimah		18:30 - 19:30 **HIIT Power** Performance Cube | Aurelie Tuli			
18:30 - 19:30 **Yoga** Group Classes Studio | Maria Kenesei			18:30 - 19:30 **Interval ride** Cycling Cube | Lars Ritter			
19:30 - 20:30 **Zumba®** Group Classes Studio | Maria gioia Gowar			18:30 - 19:30 **Les Mills Bodycombat ™** Group Classes Studio | JIMS BXL Porte de Namur			
			19:30 - 20:30 **Zumba®** Group Classes Studio | Aurelie Tuli			

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12:15 - 13:00 **HIIT Power** Performance Cube | Aurelie Tuli	12:15 - 13:00 **Cardio Ride** Cycling Cube | Bernard Passchier	12:15 - 13:00 **HYROX** Performance Cube | JIMS BXL Porte de Namur	12:15 - 13:15 **HYROX** Performance Cube | Clémentine Louis	12:15 - 13:00 **Pilates** Group Classes Studio | Nancy Henry	11:30 - 12:30 **Yoga** Group Classes Studio | Floriana Palmieri	10:30 - 11:30 **HIIT Stamina** Performance Cube | Laurent Bouvry
12:15 - 13:00 **TAF** Group Classes Studio | Simone Lima	12:15 - 13:15 **HYROX** Performance Cube | Clémentine Louis	12:15 - 13:00 **Sculpt** Group Classes Studio | Simone Lima	12:15 - 13:00 **Yoga** Group Classes Studio | Malgorzata Marmurowicz	12:15 - 13:15 **Strength For Women (SGT)** Functional Zone | Dieph-Standle Eliassaint	12:30 - 13:30 **Les Mills Bodyattack ™** Group Classes Studio | Lester Monfils	11:00 - 12:00 **Yoga** Group Classes Studio | Kenia Bento dos reis
13:00 - 13:45 **Pilates** Group Classes Studio | Rafik Abdulrah	12:15 - 13:00 **Pilates** Group Classes Studio | JIMS BXL Porte de Namur	13:00 - 13:45 **Core** Group Classes Studio | Ugo Chimah	13:00 - 14:00 **Pilates** Group Classes Studio | Primrose Ntumba	12:30 - 13:30 **Cardio Ride** Cycling Studio | Stephane Albi	12:30 - 13:30 **Strength Ride** Cycling Cube | Lars Ritter	11:30 - 12:30 **Cardio Ride** Cycling Cube | Vanda cristina Serralheiro custodio
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	19:30 - 20:30 **Core** Group Classes Studio | Ugo Chimah					