Lessenrooster Jims Groot-Bijgaarden

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
11:00 - 12:00 **Core** Group Classes Studio | David Todero	07:15 - 08:15 **Hybrid X** Functional Zone | David Todero	10:00 - 11:00 **COACH BY COLOR® Cycling (BE)** Vanda cristina Serralheiro custodio	09:30 - 10:30 **Sculpt**	09:15 - 10:15 **Core** Group Classes Studio | David Todero	09:00 - 10:00 **COACH BY COLOR® Cycling (BE)** Cycling Studio | Gregory Pauquet	10:00 - 10:45 **ABDO WOD (BE)** Group Classes Studio | Jéremie Akwesi
12:00 - 13:00 **Weight Health (SGT)** Mario Magro	10:15 - 11:15 **TAF** David Todero	11:00 - 12:00 **COACH BY COLOR® Cycling (BE)** David Struelens	11:00 - 12:00 **ABDO WOD (BE)** Group Classes Studio | Rochdi Kassas	10:30 - 11:30 **TAF** David Todero	09:00 - 10:00 **Cardio Boxing** Group Classes Studio | Kiki François	11:15 - 12:15 **Zumba®** Group Classes Studio | Marleen Larivière Larivière
17:00 - 18:00 **Squat Bench Deadlift (SGT)** Functional Zone | Edouard Vanhamme	12:00 - 13:00 **Strength For Women (SGT)** Functional Zone | Mario Magro		12:15 - 13:15 **Yoga** Group Classes Studio | Brigitte Hellebuyck	18:00 - 19:00 **Sculpt** Group Classes Studio | Cécile Dekemper	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Julie Vanschuerbeek	12:30 - 13:30 **Boxing** Group Classes Studio | Mohamed Touré
18:00 - 19:00 **COACH BY COLOR® Connect Cycling Cube (BE)** Cycling Cube | Gregory Pauquet	17:00 - 18:00 **Cardio Boxing** Group Classes Studio | Mohamed Touré		13:00 - 14:00 **Go Functional (SGT)** Functional Zone | Mario Magro	19:15 - 20:15 **Pilates** Group Classes Studio | Cécile Dekemper	11:00 - 12:00 **Crosstraining** Functional Zone | Rochdi Kassas	12:30 - 13:30 **Callisthenics** Jéremie Akwesi
18:00 - 19:00 **TAF** Group Classes Studio | David Todero	17:00 - 18:00 **Squat Bench Deadlift (SGT)** Functional Zone | Edouard Vanhamme		17:00 - 18:00 **Booty** Group Classes Studio | Marie Lennertz		11:15 - 12:15 **Les Mills Bodyattack ™** Group Classes Studio | Julie Vanschuerbeek	
18:00 - 19:00 **Weight Health (SGT)** Functional Zone | Yassin Aydouni	18:00 - 19:00 **Kick** Group Classes Studio | Rosa Chamochumbi		18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Cycling Cube | Vanda cristina Serralheiro custodio			
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19:15 - 20:15 **Yoga** Group Classes Studio | Brigitte Hellebuyck	18:30 - 19:30 **Forever Fit (SGT)** Yassin Aydouni		18:00 - 19:00 **Dance** Group Classes Studio | Alison Van den broeck			
	19:15 - 20:15 **Les Mills Bodypump ™** Group Classes Studio | Thierry Amirat		19:00 - 20:00 **Crosstraining** Functional Zone | Jéremie Akwesi			
	20:30 - 21:30 **Yin Yoga** Brigitte Hellebuyck		19:15 - 20:15 **Kick** Group Classes Studio | Rosa Chamochumbi			

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