Lessenrooster Jims Evere

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:30 - 10:30 **Sculpt** Group Classes Studio | Cindy Passarella	09:30 - 10:30 **Forever Fit (SGT)** Group Classes Studio | Cedric Demarbaix	10:00 - 11:00 **Pilates** Group Classes Studio	10:00 - 11:00 **Sculpt** Group Classes Studio | Tshilo Kitumba	10:00 - 11:00 **TAF** JIMS Evere	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio	10:00 - 11:00 **TAF** Group Classes Studio | Anne-Michele Franken
10:30 - 11:30 **HIIT** Group Classes Studio | Cindy Passarella	10:30 - 11:30 **Pilates** Group Classes Studio | Cedric Demarbaix	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Laurent Bouvry	18:00 - 19:00 **Crosstraining** Functional Zone | Alain Tokou	12:00 - 12:45 **Pilates** Floriana Palmieri	11:00 - 12:00 **Boxing** Group Classes Studio | Gerald Vata	10:30 - 11:30 **Crosstraining** Functional Zone | Alain Tokou
17:00 - 18:00 **Strength For Women (SGT)** Functional Zone | JIMS Evere	17:30 - 18:00 **Mobility (SGT)** Group Classes Studio | JIMS Evere	12:30 - 13:15 **HIIT** Functional Zone | Anouar Kassas	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Laurent Bouvry	12:45 - 13:30 **Yoga** Body & Mind Cube | Floriana Palmieri	11:30 - 12:30 **Weight Health (SGT)** Fitness Floor | Ylias Ben Amar	11:00 - 12:00 **Pilates** Group Classes Studio | Anne-Michele Franken
18:00 - 19:00 **Healthy Back (SGT)** Fitness Floor | Ylias Ben Amar	18:00 - 19:00 **Crosstraining** Functional Zone | Alain Tokou		19:00 - 19:45 **Pilates** Group Classes Studio | Ysatis Rivart	18:00 - 19:00 **Boxing** Group Classes Studio		12:00 - 13:00 **Pilates** Group Classes Studio | Anne-Michele Franken
18:00 - 19:00 **Hybrid X** Functional Zone | Mimoun Harakat	18:00 - 19:00 **Sculpt** Group Classes Studio | Tshilo Kitumba		19:00 - 20:00 **Total Body Conditioning** Fitness Floor	18:00 - 19:00 **Yoga** Body & Mind Cube | Floriana Palmieri		
18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio	19:00 - 20:00 **Pilates** Group Classes Studio | Anne-Michele Franken		19:45 - 20:30 **STRETCHING** Group Classes Studio | Ysatis Rivart			
18:00 - 19:00 **Yoga** Group Classes Studio | Karthik Krishnapura Venkateshan	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Dylan Doumont					
19:00 - 20:00 **Les Mills Bodycombat ™** Group Classes Studio						
19:00 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Dylan Doumont						

Lessenrooster Jims Evere

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:30 - 10:30 **Sculpt** Group Classes Studio | Cindy Passarella	09:30 - 10:30 **Forever Fit (SGT)** Group Classes Studio | Cedric Demarbaix	11:00 - 12:00 **Healthy Back (SGT)** Fitness Floor | JIMS Evere	10:00 - 11:00 **Sculpt** Group Classes Studio | Tshilo Kitumba	10:00 - 11:00 **TAF** JIMS Evere	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio	10:00 - 11:00 **TAF** Group Classes Studio | Anne-Michele Franken
10:30 - 11:30 **HIIT** Group Classes Studio | Cindy Passarella	10:30 - 11:30 **Pilates** Group Classes Studio | Cedric Demarbaix	12:30 - 13:15 **HIIT** Functional Zone | Anouar Kassas	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Laurent Bouvry	12:00 - 12:45 **Pilates** Floriana Palmieri	11:00 - 12:00 **Boxing** Group Classes Studio | Gerald Vata	10:30 - 11:30 **Crosstraining** Functional Zone | Alain Tokou
17:00 - 18:00 **Strength For Women (SGT)** Functional Zone | JIMS Evere	18:00 - 19:00 **Crosstraining** Functional Zone | Alain Tokou	18:00 - 19:00 **Boxing** Group Classes Studio | Jims Evere	18:00 - 19:00 **NOCCO HYBRID LABS (BE)** Functional Zone | Mimoun Harakat	12:45 - 13:30 **Yoga** Body & Mind Cube | Floriana Palmieri	11:30 - 12:30 **Weight Health (SGT)** Fitness Floor | Ylias Ben Amar	11:00 - 12:00 **Pilates** Group Classes Studio | Anne-Michele Franken
18:00 - 19:00 **Healthy Back (SGT)** Fitness Floor | Ylias Ben Amar	18:00 - 19:00 **Sculpt** Group Classes Studio | Tshilo Kitumba	18:00 - 19:00 **GO HYBRID SGT(BE)** Functional Zone | Mimoun Harakat	19:00 - 19:45 **Pilates** Group Classes Studio | Ysatis Rivart	18:00 - 19:00 **Boxing** Group Classes Studio		12:00 - 13:00 **Pilates** Group Classes Studio | Anne-Michele Franken
18:00 - 19:00 **Hybrid X** Functional Zone | Mimoun Harakat	19:00 - 20:00 **Pilates** Group Classes Studio | Anne-Michele Franken	18:00 - 19:00 **Weight Health (SGT)** Body & Mind Cube | Ylias Ben Amar	19:00 - 20:00 **Total Body Conditioning** Fitness Floor	18:00 - 19:00 **Yoga** Body & Mind Cube		
18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Dylan Doumont	19:00 - 20:00 **TAF** Group Classes Studio | Antoine Peters	19:45 - 20:30 **STRETCHING** Group Classes Studio | Ysatis Rivart			
18:00 - 19:00 **Yoga** Group Classes Studio | Karthik Krishnapura Venkateshan		19:00 - 20:00 **Yoga** Group Classes Studio | Karthik Krishnapura Venkateshan				
19:00 - 20:00 **Les Mills Bodycombat ™** Group Classes Studio						
19:00 - 20:00 **Squat Bench Deadlift (SGT)** Fitness Floor | Dylan Doumont						