Lessenrooster Jims Meiser

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 10:45 **Pilates** Group Classes Studio | Nanou Cannone	12:30 - 13:30 **GO HYBRID SGT(BE)** Functional Zone | Jordan Busiau	12:30 - 13:15 **HIIT** Jessica Vanlaer	12:30 - 13:30 **Core** Functional Zone | Candice Fagel	12:30 - 13:15 **Pilates** Group Classes Studio | Nanou Cannone	10:00 - 11:00 **Les Mills Bodypump ™** Group Classes Studio | Marie-sophie Rousseau	10:00 - 11:00 **Crosstraining** Anouar Kassas
12:30 - 13:30 **Core** Functional Zone | Candice Fagel	12:45 - 13:30 **Pilates** Group Classes Studio | Nanou Cannone	12:30 - 13:20 **TAF** Group Classes Studio | Caroline Madenski	12:30 - 13:30 **Pilates** Group Classes Studio | Nanou Cannone	12:30 - 13:30 **Total Body Conditioning** Functional Zone | Caroline Madenski	10:30 - 11:30 **Crosstraining** Functional Zone | Jessica Vanlaer	10:00 - 11:00 **Yoga** Group Classes Studio | Julie Naboulsi
18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Deborah Noel	18:00 - 19:00 **Strength For Women (SGT)** Functional Zone | Jordan Busiau	17:30 - 18:30 **Dance** Group Classes Studio | Vanessa Nellessen	17:30 - 18:30 **Sculpt**	18:00 - 19:00 **Hybrid X** Functional Zone | Caroline Madenski	11:00 - 12:00 **Dance** Nassira Assahraoui	11:00 - 12:00 **HIIT** Group Classes Studio | Anouar Kassas
18:00 - 19:00 **Strength For Women (SGT)** Functional Zone | Clemence Devillers	18:30 - 19:30 **Indoor Cycling** Cycling Cube | Vanda cristina Serralheiro custodio	17:30 - 18:30 **Squat Bench Deadlift (SGT)** Functional Zone | François Thomas	18:30 - 19:30 **Indoor Cycling** Cindy Legros	18:30 - 19:30 **TAF** Group Classes Studio | Laura Rodriguez	11:00 - 11:45 **Indoor Cycling** Cycling Studio | Gregory Pauquet	11:00 - 12:00 **TAF** Group Classes Studio | Laura Rodriguez
18:30 - 19:30 **Crosstraining** Functional Zone | Phili Lombala	18:30 - 19:30 **Pilates** Group Classes Studio | Floriana Palmieri	18:30 - 19:30 **Sculpt** Group Classes Studio | Vanessa Nellessen	18:30 - 19:30 **Pilates** Group Classes Studio		12:30 - 13:30 **Yoga** Group Classes Studio | Julie Naboulsi	12:00 - 12:45 **Mobility** Group Classes Studio | Laura Rodriguez
19:00 - 20:00 **HIIT Boxing** Group Classes Studio | Kadima Kabangu	19:00 - 20:00 **Start To Workout (SGT)** Arnaud Vandevorst	18:30 - 19:30 **Strength For Women (SGT)** Functional Zone | Clemence Devillers	19:30 - 20:30 **Crosstraining** Functional Zone | Anouar Kassas			
19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Arnaud Vandevorst	19:30 - 20:30 **Hybrid X** Functional Zone | Anouar Kassas	19:00 - 20:00 **HIIT** Functional Zone | Jims Meiser	19:30 - 20:30 **Les Mills Bodypump ™** Group Classes Studio | Laurent Bouvry			
19:30 - 20:30 **Indoor Cycling** Cycling Cube | Phili Lombala		19:30 - 20:30 **Yoga** Group Classes Studio | Floriana Palmieri				

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