Lessenrooster Jims Louiza

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 10:30 **Core** Functional Zone | Caroline Gönter	10:00 - 10:30 **Forever Fit (SGT)** Functional Zone | Emilie Granville	10:00 - 10:30 **Core** Functional Zone | Jordan Samba	10:00 - 10:30 **Mobility (SGT)** Functional Zone | Caroline Gönter	10:00 - 10:30 **Core** Functional Zone | Jordan Samba	10:00 - 11:00 **TAF** Group Classes Studio | Nancy Henry	10:00 - 11:00 **Boxing** Group Classes Studio | Marouan El Bali
12:15 - 13:00 **TAF** Group Classes Studio | Benjamin Bresseleers	12:15 - 13:00 **Sculpt** Group Classes Studio | Benjamin Bresseleers	12:15 - 13:00 **TAF** Group Classes Studio | Kenia Bento dos reis	12:15 - 13:15 **Pilates** Group Classes Studio	12:15 - 13:00 **Sculpt** Group Classes Studio | Francis Wabo	11:00 - 12:00 **HIIT** Group Classes Studio | Nancy Henry	11:00 - 12:00 **HIIT** Group Classes Studio | Marouan El Bali
17:00 - 18:00 **Squat Bench Deadlift (SGT)** Kevin Saint-Just	17:00 - 18:00 **Strength For Women (SGT)** Functional Zone | Caroline Gönter	13:00 - 13:45 **Pilates** Kenia Bento dos reis	18:00 - 19:00 **Sculpt** Group Classes Studio | Tshilo Kitumba	12:15 - 13:15 **Strength For Women (SGT)** Functional Zone | Dieph-Standle Eliassaint	12:00 - 13:00 **Les Mills Bodypump ™** Group Classes Studio | Nicole Van staen	12:30 - 13:30 **Pilates** Group Classes Studio | Kenia Bento dos reis
18:00 - 19:00 **Pilates** Group Classes Studio | JIMS Louise	18:00 - 19:00 **TAF** Group Classes Studio | Benjamin Bresseleers	17:00 - 18:00 **Healthy Back (SGT)** Emilie Granville	18:00 - 19:00 **Squat Bench Deadlift (SGT)** Functional Zone | JIMS Louise	17:00 - 18:00 **Pilates** Group Classes Studio | JIMS Louise	13:00 - 14:00 **Yoga** Group Classes Studio | Floriana Palmieri	13:30 - 14:30 **Yoga** Group Classes Studio | Kenia Bento dos reis
18:00 - 19:00 **Strength For Women (SGT)** Fitness Floor | Bryan Khanlou	19:00 - 20:00 **Crosstraining** Functional Zone | Benjamin Bresseleers	18:00 - 19:00 **Yoga** Group Classes Studio | Emmanuelle Perrichon	19:00 - 20:00 **Boxing** Group Classes Studio | Tshilo Kitumba	18:00 - 19:00 **Les Mills Bodypump ™** Group Classes Studio | Marie-sophie Rousseau		
19:00 - 20:00 **Crosstraining** Functional Zone | Yves Renard	19:00 - 20:00 **Zumba®** Group Classes Studio | JIMS Louise	19:00 - 20:00 **Hybrid X** Functional Zone | JIMS Louise	19:00 - 20:00 **Crosstraining** JIMS Louise			
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Yannick Gozo	20:00 - 21:00 **Pilates** Group Classes Studio | JIMS Louise	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | JIMS Louise				
19:00 - 20:00 **Mobility (SGT)** Fitness Floor | Kevin Saint-Just		20:00 - 20:45 **Step** JIMS Louise				

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MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 10:30 **Core** Functional Zone | Mimoun Harakat	10:00 - 10:30 **Forever Fit (SGT)** Functional Zone | Emilie Granville	10:00 - 10:30 **Core** Functional Zone | Jordan Samba	10:00 - 10:30 **Mobility (SGT)** Functional Zone | Caroline Gönter	10:00 - 10:30 **Core** Functional Zone | Jordan Samba	10:00 - 11:00 **TAF** Group Classes Studio | Nancy Henry	10:00 - 11:00 **Boxing** Group Classes Studio | Marouan El Bali
12:15 - 13:00 **TAF** Group Classes Studio | Benjamin Bresseleers	12:15 - 13:00 **Sculpt** Group Classes Studio | Benjamin Bresseleers	12:15 - 13:00 **TAF** Group Classes Studio | Kenia Bento dos reis	12:15 - 13:15 **Pilates** Group Classes Studio	12:15 - 13:00 **Sculpt** Group Classes Studio | Francis Wabo	11:00 - 12:00 **HIIT** Group Classes Studio | Nancy Henry	11:00 - 12:00 **HIIT** Group Classes Studio | Marouan El Bali
17:00 - 18:00 **Squat Bench Deadlift (SGT)** Kevin Saint-Just	17:00 - 18:00 **Strength For Women (SGT)** Functional Zone | Caroline Gönter	13:00 - 13:45 **Pilates** Kenia Bento dos reis	18:00 - 19:00 **Sculpt** Group Classes Studio | Tshilo Kitumba	12:15 - 13:15 **Strength For Women (SGT)** Functional Zone | Dieph-Standle Eliassaint	12:00 - 13:00 **Les Mills Bodypump ™** Group Classes Studio | Nicole Van staen	12:30 - 13:30 **Pilates** Group Classes Studio | Kenia Bento dos reis
18:00 - 19:00 **Pilates** Group Classes Studio | JIMS Louise	18:00 - 19:00 **Boxing** Functional Zone | Bryan Khanlou	17:00 - 18:00 **Healthy Back (SGT)** Emilie Granville	19:00 - 20:00 **Boxing** Group Classes Studio | Tshilo Kitumba	17:00 - 18:00 **Pilates** Group Classes Studio | JIMS Louise	13:00 - 14:00 **Yoga** Group Classes Studio | Floriana Palmieri	13:30 - 14:30 **Yoga** Group Classes Studio | Kenia Bento dos reis
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19:00 - 20:00 **Crosstraining** Functional Zone | Yves Renard	19:00 - 20:00 **Crosstraining** Functional Zone | Benjamin Bresseleers	18:15 - 19:15 **BOXING FUNDAMENTALS (BE)** Bryan Khanlou				
19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Yannick Gozo	19:00 - 20:00 **Zumba®** Group Classes Studio | JIMS Louise	19:00 - 20:00 **Hybrid X** Functional Zone | JIMS Louise				
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		20:00 - 20:45 **Step** JIMS Louise				