Lessenrooster Jims La Louvière

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
17:30 - 18:30 **Mobility** Functional Zone | Remy Mascaux	10:30 - 11:30 **Yoga** Group Classes Studio | Kadija Mnakka	09:30 - 10:30 **Core** Functional Zone | Martina Nosekova	17:30 - 18:30 **HIIT** Group Classes Studio | Jean-françois Wauty	10:30 - 11:30 **Pilates** Group Classes Studio | Martina Nosekova	09:30 - 10:15 **ABDO WOD (BE)** Functional Zone | Dhavindra LATCHIMY	09:30 - 10:30 **HIIT** Group Classes Studio | Herve Kongo iyoku regen
18:30 - 19:30 **Crosstraining** Functional Zone | Adriano Sita	13:30 - 14:30 **Moving Mom (SGT)** Fitness Floor | Théo Senna	10:30 - 11:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Martina Nosekova	18:30 - 19:30 **Indoor Cycling** Cycling Studio | Gregory Pecriaux	18:00 - 19:00 **HIIT Boxing** Functional Zone | Herve Kongo iyoku regen	09:30 - 10:30 **Yoga** Group Classes Studio | Kadija Mnakka	10:30 - 11:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Herve Kongo iyoku regen
18:30 - 19:30 **HIIT** Group Classes Studio | Jean-françois Wauty	17:30 - 18:30 **Pilates** Group Classes Studio | Dhavindra LATCHIMY	17:30 - 18:30 **Les Mills Bodypump ™** Group Classes Studio | Davide Graceffa	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Jean-françois Wauty	18:30 - 19:15 **Move For Health (SGT)** Functional Zone | Theo Senna	10:30 - 11:30 **Step** Group Classes Studio | Sonia Higginson	
18:30 - 19:30 **Indoor Cycling** Cycling Studio | Nancy De muylder	17:30 - 18:30 **Weight Health (SGT)** Functional Zone | Elodie Balsat	18:30 - 19:30 **Hybrid X** Functional Zone | Theo Senna	18:30 - 19:15 **NOCCO HYBRID LABS (BE)** Functional Zone | Stephanie Beauloi, Remy Mascaux, Theo Senna, Elodie Balsat	19:00 - 20:00 **Zumba®** Group Classes Studio | Loredana Erba	11:30 - 12:30 **Sculpt** Group Classes Studio | Sonia Higginson	
18:30 - 19:30 **Start To Workout (SGT)** Fitness Floor | Elodie Balsat	18:30 - 19:30 **Indoor Cycling** Cycling Studio | Florence Riche	18:30 - 19:30 **Indoor Cycling** Cycling Studio | Nancy De muylder			14:30 - 15:30 **Strength For Women (SGT)** Fitness Floor | Remy Mascaux	
19:30 - 20:30 **REEJAM®** Group Classes Studio | Loredana Erba	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Davide Graceffa	18:30 - 19:30 **Les Mills Bodycombat ™** Group Classes Studio | Davide Graceffa				
19:30 - 20:30 **Strength For Women (SGT)** Functional Zone | Elodie Balsat	18:30 - 19:30 **Mobility** Functional Zone | Elodie Balsat	18:30 - 19:30 **Strength Training (SGT)** Fitness Floor | Elodie Balsat				
	19:30 - 20:30 **Go Functional (SGT)** Functional Zone | Remy Mascaux	19:30 - 20:15 **Move For Health (SGT)** Functional Zone | Remy Mascaux				
	19:30 - 20:30 **Les Mills Bodycombat ™** Group Classes Studio | Davide Graceffa	19:30 - 20:30 **Squat Bench Deadlift (SGT)** Functional Zone | Théo Senna				
		19:30 - 20:30 **Zumba®** Group Classes Studio | Keziah Vranckx				

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18:30 - 19:30 **Start To Workout (SGT)** Fitness Floor | Elodie Balsat	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Davide Graceffa	18:30 - 19:30 **Les Mills Bodycombat ™** Group Classes Studio | Davide Graceffa	18:30 - 19:30 **Moving Mom (SGT)** Fitness Floor | Remy Mascaux			
19:30 - 20:30 **REEJAM®** Group Classes Studio | Loredana Erba	18:30 - 19:30 **Mobility** Functional Zone | Elodie Balsat	18:30 - 19:30 **Strength Training (SGT)** Fitness Floor | Elodie Balsat	19:30 - 20:30 **Calisthenics** Functional Zone | Theo Senna			
19:30 - 20:30 **Strength For Women (SGT)** Functional Zone | Elodie Balsat	19:30 - 20:30 **Go Functional (SGT)** Functional Zone	19:30 - 20:15 **Move For Health (SGT)** Functional Zone | Remy Mascaux	19:30 - 20:30 **Start To Workout (SGT)** Fitness Floor			
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