Lessenrooster Jims Luik Universiteit

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 11:00 **FLOW YOGA CUBE (BE)** Group Classes Studio | Marion Pequignot	10:00 - 11:00 **Booty** Group Classes Studio | Serge Lomami kattako	10:00 - 11:00 **Pilates** Group Classes Studio | Marion Pequignot	12:15 - 13:15 **Total Body Conditioning** Group Classes Studio | Serge Lomami kattako	11:00 - 12:00 **Hatha Yoga** Group Classes Studio | Marion Pequignot	10:00 - 11:00 **Pilates** Group Classes Studio | Justine Bovy	10:00 - 11:00 **Hatha Yoga** Group Classes Studio | Juliette Marsin
12:00 - 13:00 **GO HYBRID SGT(BE)** Functional Zone | Emmanuel Arickx	12:15 - 13:15 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | Roger Schifano	10:00 - 11:00 **Start To Workout (SGT)** Fitness Floor | Emmanuel Arickx	17:00 - 18:00 **Pilates** Group Classes Studio | Nora Manuka	12:15 - 13:15 **Suspension Training** Functional Zone | Roger Schifano	11:00 - 12:00 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	11:00 - 12:00 **Crosstraining** Functional Zone | Kenedi Mavungu
16:00 - 17:00 **Icebath** Group Classes Studio | Amandine Skirole	16:00 - 17:00 **Strength For Women (SGT)** Fitness Floor | William Voets	12:15 - 13:15 **Crosstraining** Functional Zone | Claude Conde	18:00 - 19:00 **Booty** Group Classes Studio | Bonnet Cecile	17:00 - 18:00 **Pilates** Group Classes Studio | Justine Bovy	12:00 - 13:00 **Calisthenics** Functional Zone | Tolunay Ulusoy	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Ronald Gray
17:00 - 18:00 **Strength Training (SGT)** Fitness Floor | Maverick Emonts-Pohl	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	12:15 - 13:15 **Icebath** Group Classes Studio | Emmanuel Arickx	18:00 - 19:00 **EVENT (BE)** Functional Zone | Nora Manuka	18:00 - 19:00 **GO HYBRID SGT(BE)** Functional Zone | Nora Manuka	12:00 - 13:00 **Total Body Conditioning** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	12:00 - 13:00 **Booty** Group Classes Studio | Kenedi Mavungu
18:00 - 19:00 **BALANCE & CONTROL (BE)** Functional Zone | Julian Bournat	18:00 - 19:00 **Crosstraining** Functional Zone | Serge Lomami kattako	17:00 - 18:00 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	19:00 - 20:00 **Calisthenics** Functional Zone | Tolunay Ulusoy	18:00 - 19:00 **Total Body Conditioning** Group Classes Studio | Kenedi Mavungu		
18:00 - 19:00 **Les Mills Bodycombat ™** Group Classes Studio | Serge Lomami kattako	19:00 - 20:00 **Calisthenics** Functional Zone | Julian Bournat	17:00 - 18:00 **Strength Training (SGT)** Fitness Floor | Maverick Emonts-Pohl	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Ronald Gray	19:00 - 20:00 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA		
19:00 - 20:00 **Squat Bench Deadlift (SGT)** Functional Zone | Maverick Emonts-Pohl	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Claude Conde	18:00 - 19:00 **Crosstraining** Functional Zone | Serge Lomami kattako	20:00 - 21:00 **Les Mills Bodycombat ™** Group Classes Studio | Ronald Gray			
19:00 - 20:00 **Total Body Conditioning** Group Classes Studio | Serge Lomami kattako	20:00 - 21:00 **Pilates** Group Classes Studio | Justine Bovy	18:00 - 19:00 **Mobility** Group Classes Studio | Maverick Emonts-Pohl				
20:00 - 21:00 **Pilates** Group Classes Studio | Nora Manuka		19:00 - 20:00 **Les Mills Bodycombat ™** Group Classes Studio | Serge Lomami kattako				

Lessenrooster Jims Luik Universiteit

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
10:00 - 11:00 **FLOW YOGA CUBE (BE)** Group Classes Studio | Marion Pequignot	10:00 - 11:00 **Booty** Group Classes Studio | Serge Lomami kattako	10:00 - 11:00 **Pilates** Group Classes Studio | Marion Pequignot	12:15 - 13:15 **Total Body Conditioning** Group Classes Studio | Serge Lomami kattako	11:00 - 12:00 **Hatha Yoga** Group Classes Studio | Marion Pequignot	10:00 - 11:00 **Pilates** Group Classes Studio | Justine Bovy	10:00 - 11:00 **Hatha Yoga** Group Classes Studio | Juliette Marsin
12:00 - 13:00 **GO HYBRID SGT(BE)** Functional Zone | Emmanuel Arickx	12:15 - 13:15 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | Roger Schifano	10:00 - 11:00 **Start To Workout (SGT)** Fitness Floor | Emmanuel Arickx	17:00 - 18:00 **Pilates** Group Classes Studio | Nora Manuka	12:15 - 13:15 **Suspension Training** Functional Zone | Roger Schifano	11:00 - 12:00 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	11:00 - 12:00 **Crosstraining** Functional Zone | Kenedi Mavungu
16:00 - 17:00 **Icebath** Group Classes Studio | Amandine Skirole	16:00 - 17:00 **Strength For Women (SGT)** Fitness Floor | William Voets	12:15 - 13:15 **Crosstraining** Functional Zone | Claude Conde	18:00 - 19:00 **Booty** Group Classes Studio | Bonnet Cecile	17:00 - 18:00 **Pilates** Group Classes Studio | Justine Bovy	12:00 - 13:00 **Calisthenics** Functional Zone | Tolunay Ulusoy	11:00 - 12:00 **Les Mills Bodypump ™** Group Classes Studio | Ronald Gray
17:00 - 18:00 **Strength Training (SGT)** Fitness Floor | Maverick Emonts-Pohl	18:00 - 19:00 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	12:15 - 13:15 **Icebath** Group Classes Studio | Emmanuel Arickx	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Nora Manuka	18:00 - 19:00 **GO HYBRID SGT(BE)** Functional Zone | Emmanuel Arickx	12:00 - 13:00 **Total Body Conditioning** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	12:00 - 13:00 **Booty** Group Classes Studio | Kenedi Mavungu
18:00 - 19:00 **BALANCE & CONTROL (BE)** Functional Zone | Julian Bournat	18:00 - 19:00 **Crosstraining** Functional Zone | Serge Lomami kattako	16:00 - 17:00 **Icebath** Group Classes Studio | Amandine Skirole	19:00 - 20:00 **Calisthenics** Functional Zone | Tolunay Ulusoy	18:00 - 19:00 **Total Body Conditioning** Group Classes Studio | Kenedi Mavungu		
18:00 - 19:00 **Les Mills Bodycombat ™** Group Classes Studio | Serge Lomami kattako	19:00 - 20:00 **Calisthenics** Functional Zone | Davy Petrisot	17:00 - 18:00 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Ronald Gray	19:00 - 20:30 **COACH BY COLOR® Cycling Cube (BE)** Group Classes Studio | CLAUDE PATRICK BEKONO ZOA		
19:00 - 20:00 **Squat Bench Deadlift (SGT)** Functional Zone | Maverick Emonts-Pohl	19:00 - 20:00 **Les Mills Bodypump ™** Group Classes Studio | Claude Conde	17:00 - 18:00 **Strength Training (SGT)** Fitness Floor | Maverick Emonts-Pohl	20:00 - 21:00 **Les Mills Bodycombat ™** Group Classes Studio | Ronald Gray			
19:00 - 20:00 **Total Body Conditioning** Group Classes Studio | Serge Lomami kattako	20:00 - 21:00 **Pilates** Group Classes Studio | Justine Bovy	18:00 - 19:00 **Crosstraining** Functional Zone | Serge Lomami kattako				
20:00 - 21:00 **Pilates** Group Classes Studio | Nora Manuka		18:00 - 19:00 **Mobility** Group Classes Studio | Maverick Emonts-Pohl				
		19:00 - 20:00 **Les Mills Bodycombat ™** Group Classes Studio | Serge Lomami kattako				