Lessenrooster Jims Namen Gare

Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
12:15 - 13:15 **Les Mills Bodyattack ™** Group Classes Studio | Sandrine Antheunis	08:30 - 09:30 **Yoga** Group Classes Studio | Aurélie Gillon	12:15 - 12:45 **HIIT** Group Classes Studio | Sandrine Derwaux	17:00 - 17:30 **HIIT** Group Classes Studio | Sandrine Derwaux	08:30 - 09:30 **Yoga** Group Classes Studio | Aurélie Gillon		11:00 - 12:00 **Go Functional (SGT)** Functional Zone | Anais Lombard
17:00 - 18:00 **Sculpt** Group Classes Studio | Itankonda Mukendi	17:00 - 18:00 **Go Functional (SGT)** Functional Zone | Wilmotte Axelle	17:00 - 18:00 **GO HYBRID SGT(BE)** Functional Zone | Wilmotte Axelle	17:00 - 18:00 **Strength Training (SGT)** Fitness Floor | Wilmotte Axelle	12:15 - 13:15 **Les Mills Bodypump ™** Group Classes Studio | Sandrine Derwaux		
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Arthur Rogister	17:00 - 18:00 **Pilates** Group Classes Studio | Manon Vandenbussche	18:00 - 19:00 **Kickboxing** Boxing Cube | Itankonda Mukendi	18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Anais Lombard	17:00 - 18:00 **Crosstraining** Functional Zone | Michael Monseux		
18:00 - 19:00 **HIIT Boxing** Boxing Cube | Itankonda Mukendi	18:00 - 19:00 **HIIT Boxing** Fabrice Del Duca	18:00 - 19:00 **Sculpt** Group Classes Studio | Anais Lombard	18:15 - 19:00 **Pilates** Group Classes Studio | Manon Vandenbussche	17:00 - 18:00 **Yoga** Group Classes Studio | Manon Vandenbussche		
18:00 - 19:00 **Strength Training (SGT)** Fitness Floor | Wilmotte Axelle	18:00 - 19:00 **Hybrid X** Functional Zone | Romane Bomal	18:00 - 19:00 **Start To Workout (SGT)** Fitness Floor | Wilmotte Axelle	19:00 - 20:00 **Sculpt** Group Classes Studio | Anais Lombard	18:00 - 19:00 **Hybrid X** Functional Zone | Michael Monseux		
19:00 - 20:00 **HIIT** Group Classes Studio | Itankonda Mukendi	19:00 - 20:00 **Crosstraining** Functional Zone | Alexandra Barbagallo	19:00 - 20:00 **HIIT Boxing** Boxing Cube | Itankonda Mukendi		18:00 - 19:00 **Kick** Group Classes Studio | Fabrice Del Duca		
19:00 - 20:00 **Hybrid X** Functional Zone | Michael Monseux	19:00 - 20:00 **Kick** Group Classes Studio | Fabrice Del Duca	19:00 - 20:00 **Strength Training (SGT)** Fitness Floor | Arthur Rogister				
20:00 - 21:00 **Crosstraining** Michael Monseux	19:00 - 20:00 **Start To Workout (SGT)** Fitness Floor | Arthur Rogister					
20:00 - 21:00 **Kickboxing** Boxing Cube | Itankonda Mukendi						

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Cube Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
09:00 - 10:00 **Les Mills Bodypump ™** Group Classes Studio | Alexandra Barbagallo	17:00 - 18:00 **Go Functional (SGT)** Functional Zone | Wilmotte Axelle	12:15 - 12:45 **HIIT** Group Classes Studio | Sandrine Derwaux	17:00 - 17:30 **HIIT** Group Classes Studio | Sandrine Derwaux	09:00 - 10:00 **Go Functional (SGT)** Functional Zone | Anais Lombard	10:00 - 11:00 **Crosstraining** Functional Zone | Michael Monseux	
12:15 - 13:15 **Les Mills Bodyattack ™** Group Classes Studio | Sandrine Antheunis	17:00 - 18:00 **Pilates** Group Classes Studio | Manon Vandenbussche	17:00 - 18:00 **GO HYBRID SGT(BE)** Functional Zone | Wilmotte Axelle	18:00 - 19:00 **Go Functional (SGT)** Functional Zone | Anais Lombard	12:15 - 13:15 **Les Mills Bodypump ™** Group Classes Studio | Sandrine Derwaux		
17:00 - 18:00 **Sculpt** Group Classes Studio | Itankonda Mukendi	18:00 - 19:00 **HIIT Boxing** Fabrice Del Duca	18:00 - 19:00 **Kickboxing** Boxing Cube | Itankonda Mukendi	18:15 - 19:00 **Pilates** Group Classes Studio | Manon Vandenbussche	17:00 - 18:00 **Crosstraining** Functional Zone | Michael Monseux		
17:00 - 18:00 **Start To Workout (SGT)** Fitness Floor | Arthur Rogister	18:00 - 19:00 **Hybrid X** Functional Zone | Romane Bomal	18:00 - 19:00 **Sculpt** Group Classes Studio | Anais Lombard	19:00 - 20:00 **Hybrid X** Functional Zone | Romane Bomal	18:00 - 19:00 **Hybrid X** Functional Zone | Michael Monseux		
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