Lessenrooster Jims Moeskroen

Cube ■ Small Group Training

MAANDAG	DINSDAG	WOENSDAG	DONDERDAG	VRIJDAG	ZATERDAG	ZONDAG
17:30 - 18:30 **Core** Group Classes Studio | Arnaud Kontelizo	12:15 - 13:00 **Pilates** Group Classes Studio | Ariane Deconinck	17:30 - 18:30 **Conditioning (SGT)** Functional Zone | Hugo Capelli	09:00 - 10:00 **Sculpt** Group Classes Studio | Ariane Deconinck	17:30 - 18:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Arnaud Kontelizo	10:30 - 11:30 **Burn** Group Classes Studio | Angélique Vinquier	10:30 - 11:30 **Pilates** Group Classes Studio | Séverine Vyncke
17:30 - 18:30 **HYROX Engine** Dorian Ndotah	17:30 - 18:30 **HYROX Complete** Arnaud Kontelizo	17:30 - 18:30 **HYROX Foundational** Functional Zone | Arnaud Kontelizo	17:30 - 18:30 **HYROX Power** Functional Zone | Arnaud Kontelizo	18:30 - 19:30 **HYROX Engine** Functional Zone | Arnaud Kontelizo	10:30 - 11:30 **Crosstraining** Functional Zone | Arnaud Kontelizo	11:30 - 12:30 **Zumba®** Group Classes Studio | Séverine Vyncke
18:30 - 19:30 **HYROX Complete** Functional Zone | Dorian Ndotah	17:30 - 18:30 **Healthy Back (SGT)** Functional Zone | Hugo Capelli	18:30 - 19:30 **Cuisses Abdos Fessiers (CAF)** Group Classes Studio | Karim Laïssaoui	17:30 - 18:30 **Start To Workout (SGT)** Fitness Floor | Tom De Backer	18:30 - 19:30 **Pilates** Group Classes Studio | Séverine Vyncke	11:30 - 12:30 **BODY & MIND (BE)** Group Classes Studio | Angélique Vinquier	
18:30 - 19:30 **PARTYROBICS® CARDIO DANCE (BE)** Group Classes Studio | Angélique Vinquier	17:30 - 18:30 **Les Mills Bodyattack ™** Group Classes Studio | Jims Mouscron	18:30 - 19:30 **HYROX Power** Functional Zone | Cyril Morain	18:30 - 19:30 **HYROX Foundational** Functional Zone | Tom De Backer		11:30 - 12:30 **HYROX** Functional Zone | Arnaud Kontelizo	
18:30 - 19:30 **Strength Training (SGT)** Functional Zone | Hugo Capelli	18:30 - 19:30 **Les Mills Bodypump ™** Group Classes Studio | Jims Mouscron	18:30 - 19:30 **Squat Bench Deadlift (SGT)** Functional Zone | Tom De Backer	18:30 - 19:30 **Step** Group Classes Studio | Ariane Deconinck			
19:30 - 20:30 **BODY & MIND (BE)** Angélique Vinquier	18:30 - 19:30 **Start To Workout (SGT)** Functional Zone | Jero Vanderoost		19:30 - 20:30 **GO HYBRID SGT - TYRUN (BE)** Functional Zone | Jims Mouscron			
	19:30 - 20:30 **Zumba®** Group Classes Studio | Séverine Vyncke					

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