

HORAIRE

DES COURS COLLECTIFS

Jims Mouscron

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
17:30 - 18:30 LM BODYATTACK Studio	17:30 - 18:30 HYBRID Zone fonctionelle	17:30 - 18:30 ZUMBA Studio	18:30 - 19:30 LM BODYATTACK Studio	18:30 - 19:30 ZUMBA Studio	11:30 - 12:30 YOGA Studio	10:30 - 11:30 CROSSTRaining Zone fonctionelle
17:30 - 18:30 GO FUNCTIONAL SGT	17:30 - 18:30 STWO SGT	17:30 - 18:30 WEIGHT LOSS SGT	18:30 - 19:30 HEALTHY BACK SGT	18:30 - 19:30 HYBRID Zone fonctionelle	12:30 - 13:30 PILATES Studio	11:30 - 12:30 HYBRID Zone fonctionelle
18:30 - 19:30 CORE Studio	18:30 - 19:30 TAF Studio	18:30 - 19:30 LM BODYPUMP SGT	19:30 - 20:30 LM BODYPUMP Studio			
18:30 - 19:30 SFW SGT	18:30 - 19:30 MOBILITÉ SGT	18:30 - 19:30 HYBRID Zone fonctionelle	19:30 - 20:30 STWO SGT			
19:30 - 20:30 YOGA Studio	19:30 - 20:30 PILATES Studio	18:30 - 19:30 GO FUNCTIONAL SGT				
19:30 - 20:30 CROSSTRaining Zone fonctionelle	19:30 - 20:30 HEALTHY BACK SGT	19:30 - 20:30 HIIT Zone fonctionelle				

