

HORAIRE

COURS COLLECTIFS

Jims Auderghem

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
11:30 - 12:30 MOBILITY Studio	07:15 - 08:15 HIIT Studio	12:00 - 13:00 CORE Studio	09:00 - 10:00 HIIT Studio	09:00 - 10:00 YOGA Studio	14:30 - 15:30 CARDIO- TRAINING Studio	10:00 - 11:00 BURN Studio
18:00 - 19:00 BOXING Studio	18:00 - 19:00 YOGA Studio	17:00 - 18:00 PILATES Studio	12:00 - 13:00 PILATES Studio	11:30 - 12:30 CORE Studio	15:35 - 16:35 MOBILITY Studio	11:05 - 12:05 MOBILITY Studio
19:05 - 20:05 ZUMBA Studio	18:00 - 19:00 CROSSTRaining Studio	18:00 - 19:00 BOXING Studio	18:00 - 19:00 BURN Studio			12:10 - 13:10 ZUMBA Studio
	19:05 - 20:05 CARDIO- TRAINING Studio	19:05 - 20:05 ZUMBA Studio	19:05 - 20:05 CROSSTRaining Studio			