Timetable Jims Gare

Cube ■ Small Group Training

MONDAY

07:00 - 08:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

09:30 - 10:30
Les Mills BODYBALANCE™
Group Classes Studio | Carine Friang

11:45 - 12:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

12:30 - 13:30
Pilates
Group Classes Studio

12:45 - 13:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

17:00 - 18:00
Les Mills BODYPUMP™
Group Classes Studio | Sandra Wijaya sari mika

18:00 - 19:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:00 - 19:00
Pilates
| Sandra Wijaya sari mika

19:00 - 20:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

19:30 - 20:30
Les Mills Bodyattack™
Group Classes Studio

20:30 - 21:30
Les Mills BODYPUMP™
Group Classes Studio | Richel Van Weij

TUESDAY

07:00 - 08:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

11:45 - 12:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

12:30 - 13:30
Les Mills BODYPUMP™
Group Classes Studio

12:45 - 13:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:00 - 19:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:00 - 19:30
Muay Thai Basics
Boxing Cube | Sok-hane Tang

18:30 - 19:30
TAF
Group Classes Studio | Mariana Matos

19:00 - 20:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

19:30 - 21:00
Jiu Jitsu
Boxing Cube | Samuel Zagdoudi

19:30 - 20:30
MOBILITY GX (LU)
Group Classes Studio | Marlene Olivieira Lopes

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:30 - 11:30
Dance
Group Classes Studio | Yomiuri Ruiz

11:30 - 12:30
Total Body Conditioning
Group Classes Studio | Yomiuri Ruiz

SUNDAY

10:00 - 11:00
Open Gym
Crossfit Cube

11:00 - 12:00
Open Gym
Crossfit Cube

Timetable Jims Gare

Cube ■ Small Group Training

MONDAY

07:00 - 08:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

09:30 - 10:30
Les Mills BODYBALANCE™
Group Classes Studio | Carine Friang

11:45 - 12:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

12:30 - 13:30
Pilates
Group Classes Studio

12:45 - 13:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

17:00 - 18:00
Les Mills BODYPUMP™
Group Classes Studio | Sandra Wijaya sari mika

18:00 - 19:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:00 - 19:00
Pilates
| Sandra Wijaya sari mika

19:00 - 20:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

19:30 - 20:30
Les Mills Bodyattack™
Group Classes Studio

20:30 - 21:30
Les Mills BODYPUMP™
Group Classes Studio | Richel Van Weij

TUESDAY

07:00 - 08:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

11:45 - 12:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

12:00 - 13:00
Weight Loss (SGT)
FUNCTIONAL ZONE | Club Gare

12:30 - 13:30
Les Mills BODYPUMP™
Group Classes Studio

12:45 - 13:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:00 - 19:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:30 - 19:30
HIIT
Group Classes Studio | Damien Van den Dries

19:00 - 20:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

19:30 - 20:30
MOBILITY GX (LU)
Group Classes Studio | Marlene Olivieira Lopes

WEDNESDAY

THURSDAY

FRIDAY

07:00 - 08:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

11:45 - 12:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

12:30 - 13:30
Les Mills Bodyattack™
| Richel Van Weij

12:45 - 13:45
CrossFit WOD
Crossfit Cube | Esteban Gervilla

17:00 - 18:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:00 - 19:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

18:30 - 19:30
Total Body Conditioning
Group Classes Studio | Damien Van den Dries

19:00 - 20:00
CrossFit WOD
Crossfit Cube | Esteban Gervilla

19:30 - 20:30
Pilates
Group Classes Studio | Sandra Wijaya sari mika

SATURDAY

10:30 - 11:30
CrossFit WOD
Crossfit Cube | Esteban Gervilla

10:30 - 11:30
Dance
Group Classes Studio | Yomiuri Ruiz

11:30 - 12:30
CrossFit WOD
Crossfit Cube | Esteban Gervilla

11:30 - 12:30
Total Body Conditioning
Group Classes Studio | Yomiuri Ruiz

SUNDAY

10:00 - 11:00
Open Gym
Crossfit Cube

10:30 - 11:30
Les Mills BODYPUMP™

11:00 - 12:00
Open Gym
Crossfit Cube