Timetable Jims Gare

Cube | Small Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 08:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:00 - 13:00 **Weight Health (SGT)** FUNCTIONAL ZONE	07:00 - 08:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	07:00 - 08:00 **Yoga** Group Classes Studio | Alice Mingozzi	07:00 - 08:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	10:30 - 11:30 **Dance** Group Classes Studio | Yomiuri Ruiz	10:00 - 11:00 **Open Gym** Crossfit Cube
11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Les Mills BODYPUMP™** Group Classes Studio | Pascal Ricquier	07:00 - 08:00 **Pilates** Group Classes Studio | Alice Mingozzi	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	10:45 - 11:45 **CrossFit WOD** Crossfit Cube	10:30 - 11:30 **Les Mills BODYPUMP™** Group Classes Studio | Omid Vossoughi
12:30 - 13:30 **Pilates** Group Classes Studio | Esteban Soteras	17:00 - 18:00 **Weight Health (SGT)** FUNCTIONAL ZONE	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Total Body Conditioning** Group Classes Studio | Marlene Olivieira Lopes	12:15 - 13:15 **Kickboxing** Boxing Cube | Ismael De Borja	11:30 - 12:30 **Total Body Conditioning** Group Classes Studio | Yomiuri Ruiz	11:00 - 12:00 **Open Gym** Crossfit Cube
12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:15 - 13:15 **Kickboxing** Boxing Cube | Ismael De Borja	12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Pilates** Group Classes Studio | Francesca Nervegna	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	
17:00 - 18:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:00 - 19:30 **Muay Thai Basics** Boxing Cube | Sok-hane Tang	12:30 - 13:30 **Les Mills BODYPUMP™** Group Classes Studio | Pascal Ricquier	18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Pilates** Group Classes Studio | Daniela Pereira Mendes	
18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:30 - 19:30 **Les Mills Bodyattack™** Group Classes Studio | Carine Friang	12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:00 - 19:30 **Muay Thai Basics** Boxing Cube | Sok-hane Tang	17:00 - 18:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	14:00 - 15:00 **Boxing** Boxing Cube | Ismael De Borja	
18:00 - 19:00 **Pilates** Group Classes Studio | Sandra Wijaya sari mika	19:00 - 20:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	17:00 - 18:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:00 - 19:00 **Pilates** Group Classes Studio | Esteban Soteras	18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	15:00 - 16:00 **Kickboxing** Boxing Cube | Ismael De Borja	
18:30 - 19:30 **MUAY THAI INTERMEDIATE LEVEL CUBE (LU)** Boxing Cube | Daniel Giallombardo	19:30 - 20:30 **MOBILITY GX (LU)** Group Classes Studio | Marlene Olivieira Lopes	18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	19:00 - 20:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:30 - 19:30 **HIIT** Group Classes Studio		
19:00 - 20:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	19:45 - 21:15 **Jiu Jitsu** Boxing Cube | Yann Soares	18:30 - 19:30 **Boxing** Boxing Cube | Daniel Giallombardo	19:30 - 20:30 **Les Mills BODYPUMP™** Group Classes Studio | JIMS Lux Gare	19:00 - 20:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla		
19:30 - 20:30 **Les Mills Bodyattack™** Group Classes Studio | Richel Van Weij	20:00 - 21:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:30 - 19:30 **Les Mills BODYPUMP™** Group Classes Studio | Leyre Segura	19:45 - 21:15 **Jiu Jitsu** Boxing Cube | Yann Soares	19:30 - 20:30 **Pilates** Group Classes Studio | Alice Mingozzi		
19:45 - 21:15 **Jiu Jitsu** Boxing Cube | Yann Soares		19:00 - 20:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	20:00 - 21:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	19:45 - 21:15 **Jiu Jitsu** Boxing Cube | Yann Soares		
20:00 - 21:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla		19:30 - 20:30 **Dance** Group Classes Studio | Leyre Segura				
20:30 - 21:30 **Les Mills BODYPUMP™** Group Classes Studio | MICHAELA BURIANOVA		19:30 - 20:30 **Muay Thai Advanced 60'** Boxing Cube | Daniel Giallombardo				
		20:00 - 21:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla				

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07:00 - 08:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	07:00 - 08:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	07:00 - 08:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	07:00 - 08:00 **Yoga** Group Classes Studio | Alice Mingozzi	07:00 - 08:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	10:30 - 11:30 **Dance** Group Classes Studio | Yomiuri Ruiz	10:00 - 11:00 **Open Gym** Crossfit Cube
11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	07:00 - 08:00 **Pilates** Group Classes Studio | Alice Mingozzi	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	10:45 - 11:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	10:30 - 11:30 **Les Mills BODYPUMP™** Group Classes Studio | Omid Vossoughi
12:30 - 13:30 **Pilates** Group Classes Studio | Esteban Soteras	12:30 - 13:30 **Les Mills BODYPUMP™** Group Classes Studio | Pascal Ricquier	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Total Body Conditioning** Group Classes Studio | Marlene Olivieira Lopes	12:15 - 13:15 **Kickboxing** Boxing Cube | Ismael De Borja	11:30 - 12:30 **Total Body Conditioning** Group Classes Studio | Yomiuri Ruiz	11:00 - 12:00 **Open Gym** Crossfit Cube
12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:15 - 13:15 **Kickboxing** Boxing Cube | Ismael De Borja	12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Pilates** Group Classes Studio | Francesca Nervegna	11:45 - 12:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	
17:00 - 18:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	17:00 - 18:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Les Mills BODYPUMP™** Group Classes Studio | Pascal Ricquier	17:00 - 17:45 **NOCCO HYBRID LABS (LU)** Crossfit Cube | Esteban Gervilla	12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:30 - 13:30 **Pilates** Group Classes Studio | Daniela Pereira Mendes	
18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	12:45 - 13:45 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	17:00 - 17:45 **NOCCO HYBRID LABS (LU)** FUNCTIONAL ZONE | Esteban Gervilla	17:00 - 18:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	14:00 - 15:00 **Boxing** Boxing Cube | Ismael De Borja	
18:00 - 19:00 **Pilates** Group Classes Studio | Sandra Wijaya sari mika	18:00 - 19:30 **Muay Thai Basics** Boxing Cube | Sok-hane Tang	17:00 - 18:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	18:00 - 19:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla	15:00 - 16:00 **Kickboxing** Boxing Cube | Ismael De Borja	
18:30 - 19:30 **MUAY THAI INTERMEDIATE LEVEL CUBE (LU)** Boxing Cube | Daniel Giallombardo	18:30 - 19:30 **Les Mills Bodyattack™** Group Classes Studio | Christophe Rahier	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 **HIIT** Group Classes Studio		
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20:30 - 21:30 **Les Mills BODYPUMP™** Group Classes Studio | Leyre Segura		19:30 - 20:30 **Muay Thai Advanced 60'** Boxing Cube | Daniel Giallombardo	20:00 - 21:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla			
		20:00 - 21:00 **CrossFit WOD** Crossfit Cube | Esteban Gervilla				