

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 CrossFit WOD Crossfit Cube Esteban Gervilla	10:30 - 11:30 CrossFit WOD Crossfit Cube Esteban Gervilla	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	10:30 - 11:30 Dance Group Classes Studio Yomiuri Ruiz	10:30 - 11:30 Les Mills BODYPUMP™ Omid Vossoughi
12:30 - 13:30 Pilates Group Classes Studio Esteban Soteras	12:00 - 13:00 Weight Health (SGT) FUNCTIONAL ZONE Club Gare	11:45 - 12:45 CrossFit WOD Crossfit Cube Esteban Gervilla		12:15 - 13:15 Kickboxing Boxing Cube Ismael De Borja	11:00 - 12:30 Jiu Jitsu Boxing Cube Gkoltzos Athanasios	11:00 - 12:00 Open Gym Crossfit Cube
12:45 - 13:45 CrossFit WOD Crossfit Cube Esteban Gervilla	12:30 - 13:30 Les Mills BODYPUMP™ Group Classes Studio	12:30 - 13:30 Les Mills BODYPUMP™ Group Classes Studio Pascal Ricquier		12:30 - 13:30 Les Mills Bodyattack™ Richel Van Weij	11:30 - 12:30 CrossFit WOD Crossfit Cube Esteban Gervilla	
17:00 - 18:00 CrossFit WOD Crossfit Cube Esteban Gervilla	12:45 - 13:45 CrossFit WOD Crossfit Cube Esteban Gervilla	12:45 - 13:45 CrossFit WOD Crossfit Cube Esteban Gervilla		12:45 - 13:45 CrossFit WOD Crossfit Cube Esteban Gervilla	11:30 - 12:30 Total Body Conditioning Group Classes Studio Yomiuri Ruiz	
17:00 - 18:00 Les Mills BODYPUMP™ Group Classes Studio Sandra Wijaya sari mika	17:00 - 18:00 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 Pilates Group Classes Studio	
17:00 - 18:00 Weight Health (SGT) FUNCTIONAL ZONE	17:00 - 18:00 Weight Health (SGT) FUNCTIONAL ZONE	18:00 - 19:00 CrossFit WOD Crossfit Cube Esteban Gervilla		18:00 - 19:00 CrossFit WOD Crossfit Cube Esteban Gervilla	14:00 - 15:00 Boxing Boxing Cube Ismael De Borja	
18:00 - 19:00 CrossFit WOD Crossfit Cube Esteban Gervilla	18:00 - 19:00 CrossFit WOD Crossfit Cube Esteban Gervilla	18:30 - 19:30 Boxing Boxing Cube Daniel Giallombardo		18:30 - 19:30 Total Body Conditioning Group Classes Studio Damien Van den Dries	15:00 - 16:00 Kickboxing Boxing Cube Ismael De Borja	
18:00 - 19:00 Pilates	18:00 - 19:30 Muay Thai Basics Boxing Cube Sok-hane Tang	18:30 - 19:30 Les Mills BODYPUMP™ Group Classes Studio Leyre Segura		19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla		
18:30 - 19:30 MUAY THAI INTERMEDIATE LEVEL CUBE (LU) Boxing Cube Daniel Giallombardo	18:30 - 19:30 TAF Group Classes Studio Miriam Mora	19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla		19:00 - 20:30 Jiu Jitsu Boxing Cube Gkoltzos Athanasios		
19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla	19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla	19:30 - 20:30 Dance Group Classes Studio Leyre Segura		19:30 - 20:30 Pilates Group Classes Studio Alice Mingozzi		
19:30 - 21:00 Jiu Jitsu Boxing Cube Gkoltzos Athanasios	19:30 - 21:00 Jiu Jitsu Boxing Cube Samuel Zagdoudi	19:30 - 20:30 Muay Thai Advanced 60' Boxing Cube Daniel Giallombardo				
19:30 - 20:30 Les Mills Bodyattack™ Group Classes Studio	19:30 - 20:30 MOBILITY GX (LU) Group Classes Studio Marlene Oliveira Lopes	20:00 - 21:00 CrossFit WOD Crossfit Cube Esteban Gervilla				
20:00 - 21:00 CrossFit WOD Crossfit Cube Esteban Gervilla	20:00 - 21:00 CrossFit WOD Crossfit Cube Esteban Gervilla					
20:30 - 21:30 Les Mills BODYPUMP™ Group Classes Studio MICHAELA BURIANOVA						

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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 Les Mills BODYPUMP™ Group Classes Studio Carine Friang	07:00 - 08:00 CrossFit WOD Crossfit Cube Esteban Gervilla	10:30 - 11:30 CrossFit WOD Crossfit Cube Esteban Gervilla	10:00 - 11:00 Open Gym Crossfit Cube
08:00 - 09:00 Start to Workout (SGT)	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	10:30 - 11:30 Dance Group Classes Studio Yomiuri Ruiz	10:30 - 11:30 Les Mills BODYPUMP™ Omid Vossoughi
11:45 - 12:45 CrossFit WOD Crossfit Cube Esteban Gervilla	12:00 - 13:00 GO FUNCTIONAL SGT (LU) FUNCTIONAL ZONE	11:45 - 12:45 CrossFit WOD Crossfit Cube Esteban Gervilla	12:30 - 13:30 Total Body Conditioning Group Classes Studio Kaina Hocine	12:15 - 13:15 Kickboxing Boxing Cube Ismael De Borja	11:00 - 12:30 Jiu Jitsu Boxing Cube Gkoltsos Athanasios	11:00 - 12:00 Open Gym Crossfit Cube
12:30 - 13:30 Pilates Group Classes Studio Esteban Soterias	12:30 - 13:30 Les Mills BODYPUMP™ Group Classes Studio	12:30 - 13:30 Les Mills BODYPUMP™ Group Classes Studio Pascal Ricquier	12:45 - 13:45 CrossFit WOD Crossfit Cube Esteban Gervilla	12:30 - 13:30 Les Mills Bodyattack™ Richel Van Weij	11:30 - 12:30 CrossFit WOD Crossfit Cube Esteban Gervilla	
12:45 - 13:45 CrossFit WOD Crossfit Cube Esteban Gervilla	12:45 - 13:45 CrossFit WOD Crossfit Cube Esteban Gervilla	12:45 - 13:45 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	11:30 - 12:30 Total Body Conditioning Group Classes Studio Yomiuri Ruiz	
17:00 - 18:00 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	18:00 - 19:30 Muay Thai Basics Boxing Cube Sok-hane Tang	17:00 - 18:00 CrossFit WOD Crossfit Cube Esteban Gervilla	12:30 - 13:30 Pilates Group Classes Studio	
17:00 - 18:00 Les Mills BODYPUMP™ Group Classes Studio Sandra Wijaya sari mika	17:00 - 18:00 Weight Health (SGT) FUNCTIONAL ZONE	18:00 - 19:00 CrossFit WOD Crossfit Cube Esteban Gervilla	18:00 - 19:00 Pilates Group Classes Studio Gabriella Marcarini	18:00 - 19:00 CrossFit WOD Crossfit Cube Esteban Gervilla	14:00 - 15:00 Boxing Boxing Cube Ismael De Borja	
17:00 - 18:00 Weight Health (SGT)	18:00 - 19:00 CrossFit WOD Crossfit Cube Esteban Gervilla	18:30 - 19:30 Boxing Boxing Cube Daniel Giallombardo	19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla	18:30 - 19:30 Total Body Conditioning Group Classes Studio Ismael De Borja	15:00 - 16:00 Kickboxing Boxing Cube Ismael De Borja	
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 Les Mills BODYPUMP™ Group Classes Studio Leyre Segura	19:00 - 20:00 Les Mills Bodyattack™ Group Classes Studio	19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla		
18:00 - 19:00 Pilates	18:00 - 19:00 TAF Group Classes Studio Kaina Hocine	19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla	19:30 - 21:00 Jiu Jitsu Boxing Cube Gkoltsos Athanasios	19:00 - 20:30 Jiu Jitsu Boxing Cube Gkoltsos Athanasios		
18:30 - 19:30 MUAY THAI INTERMEDIATE LEVEL CUBE (LU) Boxing Cube Daniel Giallombardo	19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla	19:30 - 20:30 Dance Group Classes Studio Leyre Segura	20:00 - 21:00 CrossFit WOD Crossfit Cube Esteban Gervilla	19:30 - 20:30 Pilates Group Classes Studio Alice Mingozzi		
19:00 - 20:00 CrossFit WOD Crossfit Cube Esteban Gervilla	19:30 - 21:00 Jiu Jitsu Boxing Cube Samuel Zagdoudi	19:30 - 20:30 Muay Thai Advanced 60' Boxing Cube Daniel Giallombardo	20:00 - 21:00 Les Mills BODYPUMP™ Group Classes Studio Christophe Rahier			
19:30 - 21:00 Jiu Jitsu Boxing Cube Gkoltsos Athanasios	19:30 - 20:30 MOBILITY GX (LU) Group Classes Studio Marlene Oliveira Lopes	20:00 - 21:00 CrossFit WOD Crossfit Cube Esteban Gervilla				
19:30 - 20:30 Les Mills Bodyattack™ Group Classes Studio	20:00 - 21:00 CrossFit WOD Crossfit Cube Esteban Gervilla					
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