Timetable Jims Mersch

Cube Small Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:00 - 10:00 **Les Mills BODYPUMP™** Group Classes Studio | Marlene Olivieira Lopes	06:30 - 07:30 **HYROX Engine** Performance Cube | Marlene Olivieira Lopes	09:00 - 09:30 **MOBILITY GX (LU)** Group Classes Studio | Kaina Hocine	06:30 - 07:30 **HYROX Engine** Performance Cube | Mandy Sniukas	07:50 - 08:50 **Les Mills BODYPUMP™** Group Classes Studio | Marlene Olivieira Lopes	10:00 - 11:00 **TAF** Group Classes Studio | Karla Zambrano	09:30 - 10:30 **HYROX Engine** Performance Cube | Brandon Taylor
16:30 - 17:30 **Pilates** Group Classes Studio | Karla Zambrano	08:00 - 09:00 **Burn** Group Classes Studio | Kaina Hocine	09:30 - 10:30 **TAF** Group Classes Studio | Kaina Hocine	09:00 - 10:00 **Yoga** Group Classes Studio | Karla Zambrano	09:00 - 10:00 **Sculpt** Group Classes Studio | Marlene Olivieira Lopes	10:30 - 11:30 **HYROX Engine** Performance Cube | Jims Lux Mersch	10:00 - 11:00 **Dance** Group Classes Studio | Jims Lux Mersch
17:00 - 18:00 **GO FUNCTIONAL SGT (LU)** Fitness Floor | Jims Lux Mersch	09:00 - 10:00 **Pilates** Group Classes Studio | Anne Alasto	17:30 - 18:30 **Yoga** Group Classes Studio | Francesca Nervegna	18:00 - 19:00 **HYROX Engine** Jims Lux Mersch	12:15 - 13:15 **Les Mills BODYPUMP™** Group Classes Studio | Marlene Olivieira Lopes	11:00 - 12:00 **Pilates** Group Classes Studio | Karla Zambrano	10:30 - 11:30 **HYROX Engine** Performance Cube | Brandon Taylor
17:30 - 18:00 **Core** Group Classes Studio | Karla Zambrano	17:30 - 18:00 **Core** Group Classes Studio | Anne Alasto	18:00 - 19:00 **HYROX Engine** Performance Cube | Mandy Sniukas	18:30 - 19:30 **Les Mills BODYPUMP™** Group Classes Studio | Sarah Bejaoui	17:30 - 18:30 **MOBILITY GX (LU)** Group Classes Studio | Marlene Olivieira Lopes		11:00 - 12:00 **HIIT** Group Classes Studio | Anne Alasto
18:00 - 19:00 **HYROX Engine** Performance Cube | Jims Lux Mersch	18:00 - 19:00 **HIIT** Group Classes Studio | Anne Alasto	18:30 - 19:30 **Pilates** Group Classes Studio | Francesca Nervegna	19:00 - 20:00 **HYROX Engine** Performance Cube | Jims Lux Mersch	18:00 - 19:00 **HYROX Engine** Performance Cube | Brandon Taylor		
18:00 - 19:00 **Sculpt** Group Classes Studio | Karla Zambrano	18:00 - 19:00 **HYROX Engine** Performance Cube | Brandon Taylor	19:00 - 20:00 **HYROX Engine** Performance Cube | Mandy Sniukas	19:30 - 20:30 **Zumba®** Group Classes Studio | Jims Lux Mersch	18:30 - 19:30 **Les Mills BODYCOMBAT™** Group Classes Studio | Sarah Bejaoui		
19:00 - 20:00 **HYROX Engine** Performance Cube | Jims Lux Mersch	19:00 - 20:00 **HYROX Engine** Performance Cube | Brandon Taylor			19:00 - 20:00 **HYROX Engine** Performance Cube | Brandon Taylor		
19:00 - 20:00 **Yoga** Group Classes Studio | Karla Zambrano	19:15 - 20:15 **Zumba®** Group Classes Studio | Jims Lux Mersch					

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16:30 - 17:30 **Pilates** Group Classes Studio | Karla Zambrano	08:00 - 09:00 **Burn** Group Classes Studio | Kaina Hocine	09:30 - 10:30 **TAF** Group Classes Studio | Kaina Hocine	17:00 - 18:00 **NOCCO HYBRID LABS (LU)** Francisco Didelet	09:00 - 10:00 **Sculpt** Group Classes Studio | Marlene Olivieira Lopes	10:30 - 11:30 **HYROX Engine** Performance Cube | Brandon Taylor	10:00 - 11:00 **Dance** Group Classes Studio | Jims Lux Mersch
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19:00 - 20:00 **HYROX Engine** Performance Cube | Jims Lux Mersch	19:00 - 20:00 **HYROX Engine** Performance Cube | Brandon Taylor					
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