Timetable Jims Gasperich

Cube ■ Small Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30 - 10:30 **Les Mills BODYBALANCE™** Group Classes Studio | Carine Friang	09:30 - 10:30 **Les Mills BODYPUMP™** Group Classes Studio | Noemie Riefolo	09:30 - 10:30 **Pilates** Group Classes Studio | Daniela Pereira Mendes	07:00 - 08:00 **Crosstraining** Group Classes Studio | Marlene Olivieira Lopes	09:30 - 10:30 **Les Mills BODYPUMP™** Group Classes Studio | Leo Barbier	09:30 - 10:30 **Les Mills BODYCOMBAT™** Group Classes Studio | Marta Viegas Monteiro	09:30 - 10:30 **Les Mills BODYPUMP™** Group Classes Studio | Sarah Bejaoui
12:15 - 13:15 **Les Mills RPM™** Cycling Studio | Luigi Buonanno	12:15 - 13:15 **Les Mills BODYPUMP™** Group Classes Studio | Lorène Paquier	12:00 - 13:00 **Conditionnement (SGT)** Functional Zone | Thibaut Fancellu, Fabio Bordon	09:30 - 10:30 **HIIT** Group Classes Studio | Marlene Olivieira Lopes	12:15 - 13:15 **Les Mills BODYBALANCE™** Group Classes Studio | Debie Biharie	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Geraldine Valentijn	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Diane Steines
12:15 - 13:15 **TAF** Group Classes Studio | Jims Lux Gasperich	17:00 - 18:00 **GO FUNCTIONAL SGT (LU)** Functional Zone | Fabio Bordon, Thibaut Fancellu	12:15 - 13:15 **Crosstraining** Group Classes Studio | Marlene Olivieira Lopes	12:15 - 13:15 **Les Mills Bodyattack™** Group Classes Studio | Christophe Rahier	12:30 - 13:15 **HEAVY BAG CLASS** Boxing Cube | William Elombo	10:30 - 12:30 **Muay Thai All Level** Boxing Cube | William Elombo	11:00 - 12:00 **Crosstraining** Group Classes Studio | Marlene Olivieira Lopes
12:30 - 13:30 **Muay Thai All Level** Boxing Cube | Edouard Elong	18:30 - 19:30 **Les Mills Bodyattack™** Group Classes Studio | Barbara Stroup	12:30 - 13:30 **Kickboxing** Boxing Cube | Edouard Elong	12:15 - 13:15 **Les Mills RPM™** Cycling Studio | Leo Barbier	18:00 - 19:00 **Crosstraining** Group Classes Studio | Barbara Stroup	10:30 - 11:30 **Zumba®** Group Classes Studio | John Bobie	
18:00 - 19:00 **Les Mills BODYPUMP™** Group Classes Studio | Jordan Helin	18:30 - 20:00 **Muay Thai All Level** Boxing Cube | William Elombo	17:00 - 18:00 **Crosstraining** Group Classes Studio | Roxane Thiery Trinoli	17:00 - 18:00 **Conditionnement (SGT)** Functional Zone | Thibaut Fancellu, Fabio Bordon	19:00 - 20:00 **Indoor Cycling** Cycling Studio | Geraldine Valentijn	11:30 - 12:30 **Les Mills BODYBALANCE™** Group Classes Studio | Mihaela Groza	
19:15 - 20:15 **Zumba®** Group Classes Studio | John Bobie	19:00 - 20:00 **Les Mills RPM™** Cycling Studio | Roxane Thiery Trinoli	18:30 - 19:30 **Les Mills BODYCOMBAT™** Group Classes Studio | Veronica Anllo	18:00 - 19:00 **Les Mills BODYPUMP™** Group Classes Studio | Jordan Helin	19:00 - 20:00 **Les Mills BODYBALANCE™** Group Classes Studio | Barbara Stroup	12:30 - 14:30 **Boxing** Boxing Cube | Dumir Krndic	
19:30 - 20:30 **Les Mills RPM™** Cycling Studio | Jordan Helin	19:30 - 20:30 **Les Mills BODYBALANCE™** Group Classes Studio | Barbara Stroup	18:30 - 19:30 **Les Mills RPM™** Cycling Studio | Luigi Buonanno	19:00 - 20:00 **Les Mills RPM™** Cycling Studio | Jims Lux Gasperich			
	20:00 - 21:00 **Boxing** Boxing Cube | Dumir Krndic	19:45 - 20:45 **Les Mills BODYPUMP™** Group Classes Studio | Richel Van Weij	19:15 - 20:15 **Les Mills BODYCOMBAT™** Group Classes Studio | Jordan Helin			
		20:30 - 21:30 **Boxing** Boxing Cube | Dumir Krndic	19:30 - 21:00 **Muay Thai All Level** Boxing Cube | William Elombo			

Timetable Jims Gasperich

Cube ■ Small Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
09:30 - 10:30 **Les Mills BODYBALANCE™** Group Classes Studio | Carine Friang	09:30 - 10:30 **Les Mills BODYPUMP™** Group Classes Studio | Noemie Riefolo	09:30 - 10:30 **Pilates** Group Classes Studio | Daniela Pereira Mendes	07:00 - 08:00 **Crosstraining** Group Classes Studio | Marlene Olivieira Lopes	09:30 - 10:30 **Les Mills BODYPUMP™** Group Classes Studio | Leo Barbier	09:30 - 10:30 **Les Mills BODYCOMBAT™** Group Classes Studio | Marta Viegas Monteiro	09:30 - 10:30 **Les Mills BODYPUMP™** Group Classes Studio | Sarah Bejaoui
12:15 - 13:15 **Les Mills RPM™** Cycling Studio | Luigi Buonanno	12:15 - 13:15 **Les Mills BODYPUMP™** Group Classes Studio | Lorène Paquier	12:15 - 13:15 **Crosstraining** Group Classes Studio | Marlene Olivieira Lopes	09:30 - 10:30 **HIIT** Group Classes Studio | Marlene Olivieira Lopes	12:15 - 13:15 **Les Mills BODYBALANCE™** Group Classes Studio | Debie Biharie	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Geraldine Valentijn	10:00 - 11:00 **Indoor Cycling** Cycling Studio | Diane Steines
12:15 - 13:15 **TAF** Group Classes Studio | Jims Lux Gasperich	17:00 - 18:00 **GO FUNCTIONAL SGT (LU)** Functional Zone | Fabio Bordon, Thibaut Fancellu	12:30 - 13:30 **Kickboxing** Boxing Cube | Edouard Elong	12:15 - 13:15 **Les Mills Bodyattack™** Group Classes Studio | Christophe Rahier	12:30 - 13:30 **HEAVY BAG CLASS** Boxing Cube | William Elombo	10:30 - 12:30 **Muay Thai All Level** Boxing Cube | William Elombo	11:00 - 12:00 **Crosstraining** Group Classes Studio | Marlene Olivieira Lopes
12:30 - 13:30 **Muay Thai All Level** Boxing Cube | Edouard Elong	18:30 - 19:30 **Les Mills Bodyattack™** Group Classes Studio | Barbara Stroup	17:00 - 18:00 **Crosstraining** Group Classes Studio | Roxane Thiery Trinoli	17:00 - 18:00 **Start to Workout (SGT)** Functional Zone | Fabio Bordon	18:00 - 19:00 **Crosstraining** Group Classes Studio | Barbara Stroup	10:30 - 11:30 **Zumba®** Group Classes Studio | John Bobie	
18:00 - 19:00 **Les Mills BODYPUMP™** Group Classes Studio | Jordan Helin	18:30 - 20:00 **Muay Thai All Level** Boxing Cube | William Elombo	18:30 - 19:30 **Les Mills BODYCOMBAT™** Group Classes Studio | Veronica Anllo	18:00 - 19:00 **Les Mills BODYPUMP™** Group Classes Studio | Jordan Helin	19:00 - 20:00 **Indoor Cycling** Cycling Studio | Geraldine Valentijn	11:30 - 12:30 **Les Mills BODYBALANCE™** Group Classes Studio | Mihaela Groza	
19:15 - 20:15 **Zumba®** Group Classes Studio | John Bobie	19:00 - 20:00 **Les Mills RPM™** Cycling Studio | Roxane Thiery Trinoli	18:30 - 19:30 **Les Mills RPM™** Cycling Studio | Luigi Buonanno	19:00 - 20:00 **Les Mills RPM™** Cycling Studio | Jims Lux Gasperich	19:00 - 20:00 **Les Mills BODYBALANCE™** Group Classes Studio | Barbara Stroup	12:30 - 14:30 **Boxing** Boxing Cube | Dumir Krndic	
19:30 - 20:30 **Les Mills RPM™** Cycling Studio | Jordan Helin	19:30 - 20:30 **Les Mills BODYBALANCE™** Group Classes Studio | Barbara Stroup	19:45 - 20:45 **Les Mills BODYPUMP™** Group Classes Studio | Richel Van Weij	19:15 - 20:15 **Les Mills BODYCOMBAT™** Group Classes Studio | Jordan Helin			
	20:00 - 21:00 **Boxing** Boxing Cube | Dumir Krndic	20:30 - 21:30 **Boxing** Boxing Cube | Dumir Krndic	19:30 - 21:00 **Muay Thai All Level** Boxing Cube | William Elombo			