Timetable Jims Foetz

Cube ■ Small Group Training

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12:00 - 13:00 **Weight Health (SGT)** FUNCTIONAL ZONE | JIMS Lux Foetz	12:00 - 13:00 **Strength for Women (SGT)** FUNCTIONAL ZONE	12:00 - 13:00 **Start to Workout (SGT)** FUNCTIONAL ZONE	12:00 - 13:00 **COACH BY COLOR® Connect Cycling Cube LU** Cycling Cube | Pierre Wachs	18:00 - 19:15 **CALISTHENICS ALL LEVELS** FUNCTIONAL ZONE | Sven Klensch	10:00 - 11:00 **Les Mills BODYPUMP™** Group Classes Studio | Lotito Ettore	10:00 - 11:00 **Pilates** Group Classes Studio | Debie Biharie
17:00 - 18:00 **Weight Health (SGT)** FUNCTIONAL ZONE	12:30 - 13:45 **CALISTHENICS DEBUTANTS** FUNCTIONAL ZONE | Sven Klensch	17:00 - 18:00 **Start to Workout (SGT)** FUNCTIONAL ZONE | JIMS Lux Foetz	18:00 - 19:00 **CALISTHENICS HYBRID (LU)** FUNCTIONAL ZONE | Mathe Loum	18:00 - 19:00 **TAF** Group Classes Studio | Kaina Hocine	11:00 - 12:15 **CALISTHENICS ALL LEVELS** FUNCTIONAL ZONE | Jason Hermann	11:00 - 12:00 **COACH BY COLOR® Connect Cycling Cube LU** CYCLING STUDIO | Pierre Wachs
18:00 - 19:00 **CALISTHENICS HYBRID (LU)** FUNCTIONAL ZONE | Mathe Loum	17:00 - 18:00 **Weight Health (SGT)** FUNCTIONAL ZONE	18:00 - 19:00 **Dance** Group Classes Studio | Hervé Ngongo	18:00 - 19:00 **HIIT** Group Classes Studio | Hervé Ngongo	19:00 - 20:00 **Les Mills BODYPUMP™** Group Classes Studio | Lotito Ettore		11:00 - 12:00 **Yoga** Group Classes Studio | Debie Biharie
18:00 - 19:00 **Dance** Group Classes Studio | Hervé Ngongo	18:00 - 19:15 **CALISTHENICS ALL LEVELS** FUNCTIONAL ZONE | Louis Théophile Brunie	19:00 - 20:15 **CALISTHENICS DEBUTANTS** FUNCTIONAL ZONE | Louis Théophile Brunie	19:00 - 20:00 **Pilates** Group Classes Studio | Sylvie Tewes	20:00 - 21:00 **Pilates** Group Classes Studio | Debie Biharie		
19:00 - 20:00 **COACH BY COLOR® Connect Cycling Cube LU** CYCLING STUDIO | Diane Steines	18:00 - 19:00 **Les Mills BODYPUMP™** Group Classes Studio | Jordan Helin					
19:00 - 20:00 **Les Mills BODYPUMP™** Group Classes Studio | Marta Viegas Monteiro	19:00 - 20:00 **COACH BY COLOR® Connect Cycling Cube LU** CYCLING STUDIO | Cory Dicorato					
	20:00 - 21:00 **Pilates** Group Classes Studio | Sylvie Tewes					

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	20:00 - 21:00 **Pilates** Group Classes Studio | Luigi Buonanno					