Horaire de cours Jims Beggen

Cube ■ Small Group Training

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09:30 - 10:30 **Total Body Conditioning** Group Classes Studio | Jenni Clark	09:30 - 10:30 **Pilates** Group Classes Studio | Penelope Trapezanlidou	09:30 - 10:30 **Les Mills BODYPUMP™** Group Classes Studio | Marlene Olivieira Lopes	09:30 - 10:30 **HIIT** Group Classes Studio | Noemie Riefolo	09:30 - 10:30 **Pilates** Group Classes Studio | Penelope Trapezanlidou	09:15 - 10:15 **Mobility (SGT)** Group Classes Studio | Penelope Trapezanlidou	10:00 - 11:00 **Les Mills BODYPUMP™** Group Classes Studio | Mihaela Groza
18:00 - 19:00 **Pilates** Group Classes Studio | Plamena Martinova	18:30 - 19:30 **Les Mills BODYPUMP™** Group Classes Studio | Solene Drugeot	10:30 - 11:30 **Les Mills BODYBALANCE™** Group Classes Studio | Marlene Olivieira Lopes	18:30 - 19:30 **Yoga** Group Classes Studio | Sofia Carenzi	10:30 - 11:30 **Sculpt** Group Classes Studio | Marlene Olivieira Lopes	10:15 - 11:15 **Zumba®** Group Classes Studio | Eva Henriques	10:30 - 11:30 **COACH BY COLOR® Connect Cycling Cube LU** Cycling Cube | Ted Moos
19:00 - 20:00 **Les Mills BODYPUMP™** Group Classes Studio | Omid Vossoughi	19:30 - 20:30 **Les Mills BODYBALANCE™** Group Classes Studio | Solene Drugeot	18:00 - 19:00 **Zumba®** Group Classes Studio | Eva Henriques	19:30 - 20:30 **Pilates** Group Classes Studio | Penelope Trapezanlidou	18:00 - 19:00 **Pilates** Group Classes Studio | Plamena Martinova	11:15 - 12:15 **Les Mills BODYPUMP™** Group Classes Studio | Alberto Zanatta	11:00 - 12:00 **Les Mills BODYBALANCE™** Group Classes Studio | Mihaela Groza
		19:00 - 20:00 **COACH BY COLOR® Connect Cycling Cube LU** Cycling Studio | Prisca Ramanantsialonina		19:00 - 20:00 **COACH BY COLOR® Connect Cycling Cube LU** Cycling Studio | Jean paul Shungu bonga		
		19:00 - 20:00 **Les Mills BODYPUMP™** Group Classes Studio | Mihaela Groza				
		20:00 - 21:00 **Les Mills BODYBALANCE™** Group Classes Studio | Mihaela Groza				

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