

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	07:00 - 08:00 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Carine Friang	07:00 - 08:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	10:30 - 11:30 <b>Dance</b> Group Classes Studio   Yomiuri Ruiz	10:00 - 11:00 <b>Open Gym</b> Crossfit Cube
11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	07:00 - 08:00 <b>Pilates</b> Group Classes Studio   Sandra Wijaya sari mika	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	11:00 - 12:30 <b>Jiu Jitsu</b> Boxing Cube   Gkoltos Athanasios	10:30 - 11:30 <b>Les Mills BODYPUMP™</b> Omid Vossoughi
12:30 - 13:30 <b>Pilates</b> Group Classes Studio   Esteban Soteras	12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:30 - 13:30 <b>Total Body Conditioning</b> Group Classes Studio   Marlene Oliveira Lopes	12:15 - 13:15 <b>Kickboxing</b> Boxing Cube   Ismael De Borja	11:30 - 12:30 <b>Total Body Conditioning</b> Group Classes Studio   Yomiuri Ruiz	11:00 - 12:00 <b>Open Gym</b> Crossfit Cube
12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Pascal Ricquier	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:30 - 13:30 <b>Les Mills Bodyattack™</b> Richel Van Weij	12:30 - 13:30 <b>Pilates</b> Group Classes Studio	
17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	14:00 - 15:00 <b>Boxing</b> Boxing Cube   Ismael De Borja	
17:00 - 18:00 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Sandra Wijaya sari mika	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	17:00 - 18:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	18:00 - 19:30 <b>Muay Thai Basics</b> Boxing Cube   Sok-hane Tang	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	15:00 - 16:00 <b>Kickboxing</b> Boxing Cube   Ismael De Borja	
18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	18:00 - 19:30 <b>Muay Thai Basics</b> Boxing Cube   Sok-hane Tang	18:00 - 19:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	18:00 - 19:00 <b>Pilates</b> Group Classes Studio   Esteban Soteras	18:30 - 19:30 <b>Total Body Conditioning</b> Group Classes Studio   Damien Van den Dries		
18:00 - 19:00 <b>Pilates</b>	18:30 - 19:30 <b>TAF</b> Group Classes Studio   Miriam Mora	18:30 - 19:30 <b>Boxing</b> Boxing Cube   Daniel Giallombardo	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla		
18:30 - 19:30 <b>MUAY THAI INTERMEDIATE LEVEL CUBE (LU)</b> Boxing Cube   Daniel Giallombardo	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	18:30 - 19:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Leyre Segura	19:00 - 20:00 <b>Les Mills Bodyattack™</b> Group Classes Studio   Christophe Rahier	19:00 - 20:30 <b>Jiu Jitsu</b> Boxing Cube   Gkoltos Athanasios		
19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	19:30 - 21:00 <b>Jiu Jitsu</b> Boxing Cube   Samuel Zagdoudi	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	19:30 - 21:00 <b>Jiu Jitsu</b> Boxing Cube   Gkoltos Athanasios	19:30 - 20:30 <b>Pilates</b> Group Classes Studio   Alice Mingozzi		
19:30 - 21:00 <b>Jiu Jitsu</b> Boxing Cube   Gkoltos Athanasios	19:30 - 20:30 <b>MOBILITY GX (LU)</b> Group Classes Studio   Marlene Oliveira Lopes	19:30 - 20:30 <b>Dance</b> Group Classes Studio   Leyre Segura	20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla			
19:30 - 20:30 <b>Les Mills Bodyattack™</b> Group Classes Studio	20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	19:30 - 20:30 <b>Muay Thai Advanced 60'</b> Boxing Cube   Daniel Giallombardo	20:00 - 21:00 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Christophe Rahier			
20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla		20:00 - 21:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla				
20:30 - 21:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   MICHAELA BURIANOVA						

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11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	07:00 - 08:00 <b>Pilates</b> Group Classes Studio   Sandra Wijaya sari mika	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	10:30 - 11:30 <b>Dance</b> Group Classes Studio   Yomiuri Ruiz	10:30 - 11:30 <b>Les Mills BODYPUMP™</b> Omid Vossoughi
12:30 - 13:30 <b>Pilates</b> Group Classes Studio   Esteban Soteras	12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio	11:45 - 12:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:30 - 13:30 <b>Total Body Conditioning</b> Group Classes Studio   Marlene Oliveira Lopes	12:15 - 13:15 <b>Kickboxing</b> Boxing Cube   Ismael De Borja	11:00 - 12:30 <b>Jiu Jitsu</b> Boxing Cube   Gkoltsos Athanasios	11:00 - 12:00 <b>Open Gym</b> Crossfit Cube
12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:30 - 13:30 <b>Les Mills BODYPUMP™</b> Group Classes Studio   Pascal Ricquier	12:45 - 13:45 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	12:30 - 13:30 <b>Les Mills Bodyattack™</b> Richel Van Weij	11:30 - 12:30 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	
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18:00 - 19:00 <b>Pilates</b>	18:30 - 19:30 <b>TAF</b> Group Classes Studio   Damien Van den Dries	18:30 - 19:30 <b>Boxing</b> Boxing Cube   Daniel Giallombardo	19:00 - 20:00 <b>CrossFit WOD</b> Crossfit Cube   Esteban Gervilla	18:30 - 19:30 <b>Total Body Conditioning</b> Group Classes Studio   Damien Van den Dries	15:00 - 16:00 <b>Kickboxing</b> Boxing Cube   Ismael De Borja	
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