



Horaires de cours Jims Kirchberg Infinity

■ Uniquement abonnement WE+ ■ Small Group Training

LUN., 16 DÉC.	MAR., 17 DÉC.	MER., 18 DÉC.	JEU., 19 DÉC.	VEN., 20 DÉC.	SAM., 21 DÉC.	DIM., 22 DÉC.
07:00 - 08:00 Les Mills BODYPUMP™ Group Classes Studio Carine Friang	07:00 - 08:00 Crosstraining Group Classes Studio Kaina Hocine	07:00 - 08:00 Total Body Conditioning Group Classes Studio Kaina Hocine	07:00 - 08:00 TAF Group Classes Studio Kaina Hocine	07:00 - 08:00 Burn Group Classes Studio Kaina Hocine	09:30 - 10:30 Les Mills BODYPUMP™ Group Classes Studio Carine Friang	10:30 - 11:30 Les Mills BODYCOMBAT™ Group Classes Studio Jeffrey Singayan
12:30 - 13:30 Les Mills BODYPUMP™ Group Classes Studio Sharma Kritika	12:30 - 13:30 HIIT Group Classes Studio Zivadin Jovanovic	12:30 - 13:30 Les Mills BODYCOMBAT™ Group Classes Studio Christophe Rahier	12:30 - 13:30 Les Mills BODYPUMP™ Group Classes Studio Alfred Diatta	12:30 - 13:30 TAF Group Classes Studio Kaina Hocine	10:30 - 11:30 Crosstraining Group Classes Studio Carine Friang	11:30 - 12:30 Les Mills BODYPUMP™ Group Classes Studio Dan Olivar
17:00 - 18:00 Start to Workout (SGT) Fitness Floor Club Kirchberg Infinity	18:45 - 19:45 Zumba® Group Classes Studio Vanessa Paul	18:45 - 19:45 Les Mills BODYCOMBAT™ Group Classes Studio Dan Olivar	17:45 - 18:45 Zumba® Group Classes Studio Vanessa Paul	18:00 - 19:00 Crosstraining Group Classes Studio Alfred Diatta	12:00 - 13:00 Burn Group Classes Studio Kaina Hocine	12:30 - 13:30 Crosstraining Group Classes Studio Neme Freud
18:00 - 19:00 Dance Group Classes Studio Leyre Segura	19:45 - 20:45 TAF Group Classes Studio Neme Freud	19:45 - 20:45 Les Mills BODYPUMP™ Group Classes Studio Dan Olivar	18:45 - 19:45 Burn Group Classes Studio Alfred Diatta	19:00 - 20:00 Les Mills BODYPUMP™ Group Classes Studio Alfred Diatta	13:00 - 14:00 Start to Workout (SGT) Fitness Floor Club Kirchberg Infinity	
19:00 - 20:00 TAF Group Classes Studio Kaina Hocine			19:45 - 20:45 TAF Group Classes Studio Alfred Diatta	20:00 - 21:00 Core Group Classes Studio Alfred Diatta	13:00 - 14:00 TAF Group Classes Studio Kaina Hocine	
20:00 - 21:00 Burn Group Classes Studio Kaina Hocine					14:00 - 14:45 Squat Bench Deadlift (SGT) Fitness Floor Club Kirchberg Infinity	



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LUN., 23 DÉC.	MAR., 24 DÉC.	MER., 25 DÉC.	JEU., 26 DÉC.	VEN., 27 DÉC.	SAM., 28 DÉC.	DIM., 29 DÉC.
07:00 - 08:00 Les Mills BODYPUMP™ Group Classes Studio Carine Friang				07:00 - 08:00 Burn Group Classes Studio Kaina Hocine	09:30 - 10:30 Les Mills BODYPUMP™ Group Classes Studio Carine Friang	10:30 - 11:30 Les Mills BODYCOMBAT™ Group Classes Studio Jeffrey Singayan
12:30 - 13:30 Les Mills BODYPUMP™ Group Classes Studio Sharma Kritika				12:30 - 13:30 TAF Group Classes Studio Kaina Hocine	10:30 - 11:30 Crosstraining Group Classes Studio Carine Friang	11:30 - 12:30 Les Mills BODYPUMP™ Group Classes Studio Dan Olivar
19:00 - 20:00 TAF Group Classes Studio Kaina Hocine				18:00 - 19:00 Crosstraining Group Classes Studio Alfred Diatta	12:00 - 13:00 Burn Group Classes Studio Kaina Hocine	12:30 - 13:30 Crosstraining Group Classes Studio Neme Freud
20:00 - 21:00 Burn Group Classes Studio Kaina Hocine				19:00 - 20:00 Les Mills BODYPUMP™ Group Classes Studio Alfred Diatta	13:00 - 14:00 TAF Group Classes Studio Kaina Hocine	
				20:00 - 21:00 Core Group Classes Studio Alfred Diatta		