

Please note that this PDF only provide an easy overview of our classes.

Any cancellation or replacement class WILL NOT be noted on this PDF!!

MON	TUE	WED	THU	FRI	SAT	SUN
19.15-20.15 Kirchberg EU School Hall G/2	18.30-19.30 Lycée Michel Lucius Limpertsberg	19.00-20.00 Fitness Coaching Beggen	19.00-20.00 Lux. City Center Konviktsgaard	<b>N</b> <b>O</b>	09.00-10.00 Mamer, EU School II	10.00-11.15 Fitness Coaching Beggen
<b>Jympa Intensive</b> Stefanos	<b>Flex Soft</b> Maria	<b>Core</b> Minna	<b>Jympa Medium</b> Kathy		<b>Yoga</b> Kathy	<b>Barbell Interval</b> Nina
20.15-21.15 Kirchberg EU School Hall G/2	20.00-21.00 Lux. City Center Konviktsgaard	19.15-20.15 Kirchberg EU School Hall G/2	20.00-21.00 Lux. City Center Konviktsgaard	<b>C</b> <b>L</b> <b>A</b> <b>S</b>	10.00-11.00 Mamer, EU School II	11.00-12.00 The Coque Kirchberg
<b>Power Hour</b> Tina	<b>Jympa medium</b> Saranya	<b>Jympa Medium pulse</b> Annika	<b>Yoga</b> Kathy		<b>Family</b> Kathy/Suvi/Carolina/Claudia	<b>Jympa Basic</b> Minna
	20.00-21.00 Fitness Coaching Beggen	19.15-20.15 Kirchberg EU School Hall G/1	20.00-21.00 Fitness Coaching Beggen	<b>S</b> <b>E</b> <b>S</b>	11.00-12.00 Mamer, EU School II	17.00-18.00 The Coque Kirchberg
	<b>Barbell Soft</b> Emilia	<b>Flex</b> Maria	<b>Barbell</b> Nina		<b>Fuego</b> Annika / Suvi	<b>Barbell/Power Hour rotation</b> Emilia/Tina/Pirjo



