

# COURS COLLECTIFS

Gruppenkurse

## LUNDI

09:00-09:50	Body Art	
10:00-10:50	Gym Dos & Core	

16:15-17:00	Functional Training	
17:15-18:00	Functional Training	
18:00-18:45	Indoor Cycling	
18:15-19:00	Functional Training	
19:00-19:45	Zumba	
20:00-20:45	Pilates	

## MARDI

09:00-09:50	Latino Dance	
10:00-10:50	Pilates	

18:00-18:45	TBC	
19:00-19:45	Zumba	
20:00-20:45	Yoga	

## MERCREDI

09:00-09:50	Pilates	
10:00-10:50	Pilates meets Body Art	

17:45-18:30	Hot Iron	
18:45-19:30	Functional Step	

## JEUDI

09:00-09:50	Gym Dos & Core	
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18:00-18:50	Body Art	
19:00-19:50	Body Shape	

## VENDREDI

09:00-09:45	Indoor Cycling	
10:00-10:50	Body Shape	

17:15-18:00	Functional Training	
18:15-19:00	Functional Training	

## SAMEDI

09:30-11:00	Body Art	
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## DIMANCHE

10:00-11:00	Indoor Cycling	
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**Horaires**  
 Lundi au Vendredi : 07:00 - 22:00  
 Samedi : 08:30 - 13:30  
 Dimanche : 08:30 - 13:30  
 Jours fériés : 08:30 - 13:30

Boulevard Hubert Clement  
 L-4064 Esch-sur-Alzette  
 Tél. +352 55 22 40-200  
 fitness@ck.lu  
 @ckfitnessesch / ck-fitness.lu



Cardio



Silhouette  
 Figurformung  
 Body Shaping



Renforcement musculaire  
 Muskelkräftigung & Straffung  
 Muscle Strength



Régénération active  
 Aktive Entspannung  
 Active Relaxation

