






COURS COLLECTIFS

Gruppenkurse / Group Courses

LUNDI

08:10-08:55	Balance & Vitality	 
09:00-09:50	Body Shape	  
10:00-10:50	Flexibility	 
17:00-17:50	Iron Bar	 
18:00-18:50	Functional Training	  
18:00-18:50	Indoor Cycling	 
19:00-19:50	Yoga	 

MARDI

08:30-09:20	Pilates	 
09:30-10:20	F.A.C.	 
17:30-18:20	Indoor Cycling	
18:30-19:00	Six Pack	  
19:00-19:45	HIIT	  
19:00-19:50	Hyrox	  

MERCREDI

08:00-09:15	Body Art	  
09:20-10:10	Body Shape	  
10:20-11:10	Indoor Cycling	
12:00-12:50	Functional Training	  
17:30-18:20	Yoga	 
18:15-19:05	Functional Training	  
18:30-19:20	Pilates	 
19:30-20:30	Zumba	

JEUDI

09:00-09:50	Zumba	
10:00-10:50	Yoga	 
17:30-18:20	Indoor Cycling	
17:30-18:20	Functional Training	  
18:30-19:15	HIIT	  
19:20-20:10	Iron Bar	 

VENDREDI

09:00-09:50	Pilates	 
10:00-10:50	Iron Bar	 
18:00-18:50	Indoor Cycling	

SAMEDI

09:00-09:50	Body Shape	  
10:00-10:50	Flexibility	  
11:00-11:50	Hyrox	  

DIMANCHE

09:00-09:50	Indoor Cycling	
10:00-10:50	Indoor Cycling	



Horaires
 Lundi, mercredi et vendredi : 08:00 - 22:00
 Mardi et jeudi : 07:00 - 22:00
 Samedi : 08:30 - 13:30
 Dimanche : 08:30 - 13:30
 Jours fériés : 08:30 - 13:30

Laangwiss II
 Rue Nicolas Glesener L-6131 Junglinster
 Tél. +352 55 22 40-500
 fitness@ck-group.lu
 @ckfitnessjunglinster / ck-fitness.lu



Cardio



Silhouette
 Figurformung
 Body Shaping



Renforcement musculaire
 Muskelkräftigung & Straffung
 Muscle Strength



Régénération active
 Aktive Entspannung
 Active Relaxation

