

# COURS COLLECTIFS

Gruppenkurse / Group Courses

## LUNDI

09:00-10:00	Pilates	
12:30-13:30	Yoga	

17:30-18:20	F.A.C.	
17:30-18:20	Indoor Cycling	
18:30-19:20	HIIT	
18:30-19:20	Indoor Cycling	
19:00-19:45	Functional Training	
19:30-20:30	Pilates	

## MARDI

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

17:30-18:20	Cardio Sculpt	
18:00-19:00	Indoor Cycling	
18:30-19:20	F.A.C.	
19:00-19:45	Functional Training	
19:30-20:30	Zumba	

## MERCREDI

09:00-09:50	Pilates	
10:00-11:00	Bauch Beine Po	

17:30-18:20	HIIT	
18:00-19:00	Indoor Cycling	
18:30-19:20	Bodyworks	
19:30-20:30	Pilates plancher pelvien	

## JEUDI

09:00-10:00	École du dos	
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17:30-18:15	Functional Training	
18:00-19:00	Indoor Cycling	
18:30-19:20	Cardio Sculpt	
19:30-20:30	Yoga	

## VENDREDI

08:30-09:15	Functional Training	
09:00-09:50	Gym Ball	
09:00-10:00	Indoor Cycling	
10:00-10:50	Abdo & Stretch	

17:30-18:30	Yoga	
18:30-19:15	Functional Training	

## SAMEDI

09:00-10:00	Power Pilates	
10:00-11:00	Power Pilates	

\*Indoor Cycling :  
Watt Test chaque 1er samedi du mois à 10:00

## DIMANCHE

09:00-10:00	Indoor Cycling	
09:30-10:30	Yoga	
10:10-11:10	Indoor Cycling	



**Horaires**  
Lundi au Vendredi : 07:00 - 22:00  
Samedi : 08:30 - 18:00  
Dimanche : 08:30 - 18:00  
Jours fériés : 08:30 - 13:30

**Topaze** rue Colmar-Berg L-7525 Mersch  
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Cardio



Silhouette  
Figurformung  
Body Shaping



Renforcement musculaire  
Muskelkräftigung & Straffung  
Muscle Strength



Régénération Active  
Aktive Entspannung  
Active Relaxation

