






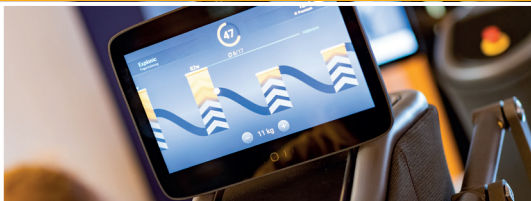


LUNDI

09h00-09h50	Body Art	
10h00-11h00	Pilates	

17h45-18h30	Indoor Cycling	
18h00-18h50	Pilates	
18h00-18h50	Functional Training	
18h45-19h30	Indoor Cycling	
19h00-19h50	T.B.C.	
19h00-19h50	Functional Training	
20h00-20h50	Zumba	





VENDREDI





09h00-09h45	Indoor Cycling	
10h10-11h00	F.A.C.	

18h00-18h45	Body Training	
18h50-19h40	Iron Cross	



MARDI

09h15-10h00	Latino Dance	
10h10-11h00	F.A.C.	

18h00-18h45	Functional Training	
18h45-19h30	Functional Training	
18h30-19h20	Zumba	
19h30-20h30	Yoga	



SAMEDI



09h30-11h00	Power Pilates	
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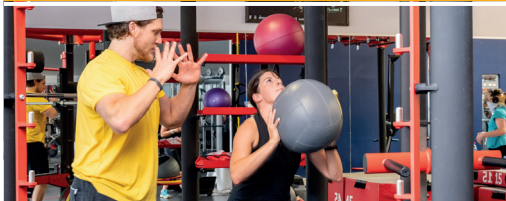
DIMANCHE

10h00-11h00	Indoor Cycling	
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MERCREDI







09h00-09h50	Pilates	
10h00-11h00	Body Art / Pilates	
12h20-13h15	Indoor Cycling	

18h15-19h10	Hot Iron	
19h15-20h00	Body Training	



JEUDI

09h00-10h00	Gym Dos	
10h10-11h00	Zumba	

17h45-18h30	Indoor Cycling	
18h00-18h45	Functional Training	
18h00-19h00	Body Art	
18h45-19h30	Functional Training	
18h45-19h30	Indoor Cycling	
19h10-20h00	Body Shape	



CK | **fitness**
esch/alzette



Cardio



Silhouette
Figurformung
Body Shaping



Renforcement musculaire
Muskelkräftigung & Straffung
Muscle Strength



Régénération Active
Aktive Entspannung
Active Relaxation

Le programme des cours peut être adapté.

HORAIRES

Lundi au Vendredi : 07h00 - 22h00

Samedi : 08h30 - 13h30

Dimanche : 08h30 - 18h00*

Jours fériés : 08h30 - 13h00

*avril-octobre : 08h30 - 13h30

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ET GEET ËM DECH.
MIR ËNNERSTËTZEN