

# 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.	
17:20-18:20	Indoor Cycling	
18:30-19:15	HIIT	
19:20-20:10	Iron Bar	
19:00-19:50	Hyrox	

## MERCREDI

08:00-09:15	Body Art	
09:20-10:10	Body Shape	
12:15-13:00	Functional Training	
17:30-18:20	Body Shape	
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	
18:30-19:00	Abdos & Dos	
19:10-20:00	Step Move	

## VENDREDI

09:00-09:50	Pilates	
10:00-10:50	Iron Bar	

## SAMEDI

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

## DIMANCHE

09:30-11:00	Indoor Cycling	
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**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

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Cardio



Silhouette  
 Figurformung  
 Body Shaping



Renforcement musculaire  
 Muskelkräftigung & Straffung  
 Muscle Strength



Régénération active  
 Aktive Entspannung  
 Active Relaxation

