

COURS COLLECTIFS - GRUPPENKURSE

LUNDI

09:00-09:50 Pilates 

12:30-13:30 Yoga 

17:30-18:20 F.A.C. 

18:00-19:00 Indoor Cycling 

18:30-19:20 HIIT 

19:00-19:45 Functional Training 

19:30-20:30 Pilates 

MARDI

09:00-09:50 Body Art 

09:30-10:30 Indoor Cycling 

18:00-19:00 Indoor Cycling 

18:30-19:30 Zumba 

19:00-19:45 Functional Training 

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 

19:00-19:45 HYROX 

19:30-20:30 Pilates Plancher Pelvien 

JEUDI

09:00-10:00 Ecole du dos 

16:15-17:00 Abdos & Stretch 

17:15-18:00 Step 

17:30-18:15 Functional Training 

18:00-19:00 Indoor Cycling 

18:30-19:20 Zumba 

19:30-20:30 Yoga 

VENDREDI

08:30-09:15 Functional Training 

09:30-10:30 Indoor Cycling 

09:00-10:00 Gym Ball 

10:00-10:50 Abdos & 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 

DIMANCHE

09:30-10:30 Yoga 

10:00-11:00 Indoor Cycling 

10:30-11:15 Hyrox 



Horaires

Lundi-Vendredi: 07:00-22:00

Samedi: 08:30-18:00

Dimanche: 08:30-13:30

Jours fériés: 08:30-13:30

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Cardio



Silhouette Figurformung /
Body Shaping



Renforcement / Muscle Strenght
Muskelkräftigung & Straffung



Régénération active
Aktive Entspannung/Relaxation