

COURS COLLECTIFS - GRUPPENKURSE

Lundi | Montag

09:00 - 09:50	Body Art	
10:00 - 10:50	Gym Dos & Core	

16:00 - 17:00	Functional Training	
17:00 - 18:00	Functional Training	
18:00 - 19:00	Functional Training	
18:00 - 18:45	Indoor Cycling	
19:00 - 19:45	Zumba	
20:00 - 20:45	Pilates	

Vendredi | Freitag

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

17:00 - 18:00	Functional Training	
18:00 - 19:00	Functional Training	

Mardi | Dienstag

09:00 - 09:50	Latino Dance	
10:00 - 10:50	Pilates	

17:30 - 18:20	Functional Training	
18:00 - 18:45	TBC	
18:30 - 19:20	Functional Training	
19:00 - 19:45	Zumba	
20:00 - 20:45	Yoga	

Samedi | Samstag

09:30 - 11:00	Body Art	
09:30 - 10:20	Functional Training	

Mercredi | Mittwoch

09:00 - 09:50	Pilates	
10:00 - 10:50	Pilates - Body Art	
12:20 - 13:15	Indoor Cycling	

17:45 - 18:30	Hot Iron	
18:45 - 19:30	Boostar	

Dimanche | Sonntag

10:00 - 11:00	Indoor Cycling	
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Jeudi | Donnerstag

09:00 - 09:50	Gym Dos & Core	
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18:00 - 18:50	Body Art	
19:00 - 19:50	Body Shape	



Silhouette Figurformung
Body Shaping



Renforcement | Muscle
Strenght | Muskelkräftigung
& Straffung



Cardio



Régénération active
Aktive Entspannung
Relaxation

Horaires

Lundi-Vendredi: 07:00–22:00 | Samedi: 08:30–13:30 | Dimanche: 08:30–13:30
Jours fériés: 08:30–13:30

CK fitness esch/alzette

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