

COURS COLLECTIFS - GRUPPENKURSE

Lundi | Montag

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	Indoor Cycling	
18:30 - 19:20	HIIT	
19:00 - 19:45	Functional Training	
19:30 - 20:30	Pilates	

Mardi | Dienstag

09:00 - 10:00	Body Art	
09:30 - 10:30	Indoor Cycling	
10:00 - 11:00	Yoga	
17:30 - 18:20	HIIT Sculpt	
18:00 - 19:00	Indoor Cycling	
18:30 - 19:30	Zumba	
19:00 - 19:45	Functional Training	

Mercredi | Mittwoch

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 PP*	

(*Plancher Pelvien)

Jeudi | Donnerstag

09:00 - 10:00	École du Dos	
17:30 - 18:15	Functional Training	
17:45 - 18:25	HIIT Boxing	
18:00 - 19:00	Indoor Cycling	
18:30 - 19:20	Zumba	
19:30 - 20:30	Yoga	

Vendredi | Freitag

08:30 - 09:15	Functional Training	
09:00 - 10:00	Full Body Strength	
09:30 - 10:30	Indoor Cycling	
10:00 - 10:50	Abdos & Stretch	
17:30 - 18:30	Yoga	
18:30 - 19:15	Functional Training	

Samedi | Samstag

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

Dimanche | Sonntag

09:30 - 10:30	Yoga	
10:00 - 11:00	Indoor Cycling	
10:30 - 11:15	HYROX	



Silhouette Figurfomung
Body Shaping



Renforcement | Muscle
Strength | Muskelkräftigung
& Straffung



Cardio



Régénération active
Aktive Entspannung
Relaxation

Horaires

Lun. - Ven. : 07:00 – 22:00
Sam. : 08:30 – 18:00 | Dim. : 08:30 – 18:00
Jours fériés: 08:30 – 13:30

TOPAZE

rue Colmar-Berg L-7525 Mersch T: +352 55 22 40 – 400
fitness@ck.lu | [@ckfitnessmersch](https://www.ckfitnessmersch.lu) | [ck-fitness.lu](https://www.ck-fitness.lu)