

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	

Mardi | Dienstag

09:00 - 09:50	Latino Dance	
10:00 - 10:50	Pilates	
12:20 - 13:15	Functional Training	
18:00 - 19:00	Functional Training	
18:00 - 18:45	TBC	
19:00 - 19:45	Zumba	
20:00 - 20:45	Yoga	

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	
19:30 - 20:15	F.A.C	

Jeudi | Donnerstag

09:00 - 09:50	Gym Dos & Core	
10:10 - 11:00	Functional Step & Dance	
12:20 - 13:15	Functional Training	
18:00 - 18:50	Body Art	
19:00 - 19:50	Body Shape	

Vendredi | Freitag

09:00 - 10:00	Indoor Cycling	
10:00 - 10:50	Body Shape	
17:00 - 17:50	Strength & Control	
17:00 - 18:00	Functional Training	
18:00 - 18:50	Stretching	
18:00 - 19:00	Functional Training	

Samedi | Samstag

09:00 - 09:55	Body Art	
10:00 - 10:50	Functional Training	
10:00 - 10:55	Body Art	

Dimanche | Sonntag

10:00 - 11:00	Indoor Cycling	
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Silhouette Figurfomung
Body Shaping



Renforcement | Muscle
Strenght | Muskelkräftigung
& Straffung



Cardio



Régénération active
Aktive Entspannung
Relaxation

Horaires

Lundi-Vendredi: 07:00-22:00
Samedi: 08:30-18:00 | Dimanche: 08:30-13:30
Jours fériés: 08:30-13:30

CK fitness – Esch-sur-Alzette

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