










# COURS COLLECTIFS - GRUPPENKURSE












## Lundi | Montag

09:00 - 10:00	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 | Dienstag

09:00 - 10:00	Body Art	 
09:30 - 10:30	Indoor Cycling	 
10:00 - 11:00	Yoga	 

17:30 - 18:20	Body 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	
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17:30 - 18:15	Functional Training	  
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

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