

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	F.A.C	 
10:00 - 10:50	Pilates	 
12:20 - 13:15	Functional Training	  

18:00 - 19:00	Functional Training	  
18:00 - 19:00	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	
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 - 18:00	Functional Training	  
17:10 - 18:00	Pilates	 
18:00 - 19:00	Functional Training	  
18:10 - 19:00	Stretching	

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 Figurformung
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

Quartier Esch-Lallange | 2 rue de Mondercange – L-4247 Esch-sur-Alzette

Tél. +352 55 22 40-200

fitness@ck.lu | @ckfitnessesch | ck-fitness.lu