

# 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 |  |
|---------------|--------------|-------------------------------------------------------------------------------------|

|               |                     |                                                                                     |
|---------------|---------------------|-------------------------------------------------------------------------------------|
| 17:30 - 18:15 | Functional Training |  |
| 17:30 - 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 Figurformung  
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 – 13:30  
Jours fériés: 08:30 – 13:30

### TOPAZE

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