

# WELLNESS SPORT CLUB TASSIN

## PLANNING DES COURS COLLECTIFS DU 03 JUIN AU 28 JUILLET 2024

	7h	8h	9h	MATIN	10h	11h	12h	MIDI	13h	14h	15h	16h	APRÈS-MIDI	17h	18h	19h	20h	21h	22h
<b>Lundi</b> 07h-22h		Yoga 07h15 (45')		Bodysculpt 09h15 (45')	Stretching 10h15 (45')	C.A.F. 11h00 (45')			Bodypump 12h30 (60')		Pilates 14h30 (60')		Tai Chi 16h00 (45')	Pilates Ball* 17h00 (45')	Step 17h45 (45')	Boxing 18h30 (45')	Pilates 19h15 (45')	Yoga Anti-stress 20h15 (45')	
				Wellcircuit* 09h15 (60')					TRX* 12h30 (45')					Bodysculpt* 17h00 (45')	Grit Force* 17h45 (45')	Bodybalance* 18h30 (45')	LesMills Core* 19h15 (45')	Zumba* 20h15 (60')	
				RPM 09h15 (45')												TRX* 18h30 (45')		Cross training* 19h30 (60')	
				Aquawork 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')			Aquadynamic 12h30 (45')						Aquabiking* 17h30 (45')		RPM 18h30 (45')	Aquabiking* 19h30 (45')	
<b>Mardi</b> 07h-22h			Pilates 08h30 (45')	Bodypump 09h15 (60')	Bodybalance 10h30 (45')	Yoga Energie 11h30 (45')			Boxing* 12h30 (60')		Bodysculpt 14h30 (45')		Pilates 16h00 (60')	Boxing* 17h15 (45')	Bodypump 18h00 (45')	Bodyattack 19h00 (45')	Bodyjam 20h00 (60')		
					Step* 10h30 (45')	Bodysculpt* 11h30 (45')									Grit Cardio* 18h00 (45')	LesMills Core* 18h45 (30')	Pilates Ball* 19h15 (45')	Bodybalance* 20h00 (60')	
									Cross Training* 12h30 (60')							Cross Training* 18h30 (60')	TRX* 19h30 (45')		
				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquatonus 11h15 (45')			RPM 12h30 (45')						Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquatonus 19h30 (45')		
<b>Mercredi</b> 07h-22h			C.A.F. 09h15 (45')	Pilates 10h15 (45')	Stretching 11h00 (45')				Bodysculpt 12h30 (45')		Yoga Anti-stress 14h30 (60')		Afro Move 16h15 (45')		Bodypump 17h30 (45')	C.A.F. 18h30 (45')	Boxing* 19h15 (45')	Pole Dance* 20h15 (90')	
		Cross Training* 07h15 (60')		Wellcircuit* 09h15 (60')					TRX* 12h30 (45')					Yoga Energie* 17h00 (45')	LesMills Core* 18h00 (30')			Stretching* 20h30 (45')	
				RPM 09h15 (45')												TRX* 18h30 (45')		Cross Training* 19h30 (60')	
				Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')			Aquabiking* 12h30 (45')						Aquatonus 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
<b>Jeudi</b> 07h-22h			Yoga Energie 09h00 (60')	C.A.F. 10h15 (45')	Pilates Ball* 11h15 (45')				Bodybalance 12h30 (60')		Stretching 14h30 (45')			Yoga Energie 16h45 (60')	Bodycombat 18h00 (45')	Bodypump 19h00 (45')	Bodyjam 20h00 (60')		
									Cross Training* 12h30 (60')					Bodysculpt* 16h30 (45')	Pilates* 17h15 (45')	Grit Cardio* 18h15 (45')	Bodybalance* 19h00 (45')		
									RPM 12h30 (45')							Cross Training* 18h30 (60')	TRX* 19h30 (45')		
				Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquawork 11h15 (45')			Aquagym 12h30 (45')						Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')		
<b>Vendredi</b> 07h-22h			Pilates 09h15 (45')	Stretching 10h15 (60')					C.A.F. 12h30 (45')					Pole Dance* 16h30 (90')	Yoga Energie 18h00 (45')	Step 19h00 (45')	Afro Move 20h00 (60')		
				Wellcircuit* 09h15 (60')					TRX* 12h30 (45')						Grit Force* 17h30 (45')	Bodysculpt* 18h15 (45')	Pilates Ball* 19h00 (45')		
				RPM 09h15 (45')											TRX* 17h30 (45')		Cross Training* 18h30 (60')		
				Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')			Aquadynamic 12h30 (45')						Aquatonus 17h30 (45')	Aquabiking* 18h30 (45')		Sprint 19h30 (45')	
<b>Samedi</b> 08h-20h			Pilates 08h30 (45')	Bodysculpt 09h15 (45')	Bodybalance 10h00 (45')	Bodyattack 11h00 (45')	Bodypump 12h00 (60')						Bodycombat 15h30 (45')	C.A.F. 16h30 (45')	Stretching 17h15 (45')				
						Cross Training* 11h15 (60')													
					RPM 10h15 (45')														
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')												
<b>Dimanche</b> 08h-17h				Bodypump 09h15 (45')	LesMills Core 10h15 (45')	Bodybalance 11h15 (60')													
						TRX* 11h15 (45')													
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquagym 12h15 (45')												

\* Cours sur réservation

Salle de cours	Zone Fontionnelle	Extérieur	Studio Bike	Piscine
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