

Découvrez le futur planning WellNess Sport Club*

		MATIN										MIDI		APRÈS-MIDI										SOIR			
		7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h										
Lundi 07h-22h			C.A.F. 08h00 (45')		Bodypump 09h30 (45')	Pilates 10h30 (45')	Stretching 11h30 (45')	Bodybalance 12h30 (60')			Bodysculpt 15h00 (60')		Boxing* 17h30 (45')	Bodypump 18h30 (45')	Zumba 19h30 (45')	Pole Dance* 20h30 (75')											
								Cross training* 12h30 (60')					Cross training* 17h30 (60')	Yoga Energie* 18h30 (60')	Bodybalance* 19h30 (60')												
				Aquagym 09h30 (45')	Aquadynamic 10h30 (45')			Aquabiking* 12h30 (45')					Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Sprint* 19h30 (45')	Aquawork 19h30 (45')	Aquabiking* 20h30 (45')										
Mardi 07h-22h			L.I.A 08h00 (45')		Bodybalance 09h30 (45')	Bodysculpt 10h30 (60')		Zumba 12h30 (60')					Bodypump 17h30 (45')	Bodycombat 18h30 (45')	LesMills Dance 19h30 (45')	Yoga Anti-stress 20h30 (60')											
								TRX* 12h30 (45')						Cross Training* 18h30 (60')	Grit force* 19h30 (45')												
				Aquadynamic 09h30 (45')	Aquabiking* 10h30 (45')			Aquaboxe* 12h30 (45')		Aquabiking* 15h00 (45')			RPM* 17h30 (45')	RPM* 18h30 (45')	Aquagym 19h30 (45')	Aquadynamic 19h30 (45')	Aquabiking* 20h30 (45')										
													Aquabiking* 17h30 (45')														
Mercredi 07h-22h					LesMills Core 09h30 (45')	Bodybalance 10h30 (60')		Bodysculpt 12h30 (60')					Pilates 17h30 (45')	Bodypump 18h30 (45')	Bodyattack 19h30 (45')	LesMills Core 20h30 (45')											
								Pilates* 12h30 (60')																			
								Grit Cardio* 12h30 (45')					Cross Training* 17h30 (60')														
				Aquabiking* 09h30 (45')	Aquawork 10h30 (45')			Aquadynamic 12h30 (45')					Aquawork 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')	Aquabiking* 19h30 (45')											
Jeudi 07h-22h					Yoga Energie 09h30 (45')	C.A.F. 10h30 (45')	Pilates 11h15 (60')	Boxing* 12h30 (60')			Bodybalance 15h00 (60')		LesMills Core 17h30 (45')	Boxing* 18h30 (45')	Bodypump 19h30 (45')	Bodybalance 20h30 (60')											
			Cross Training* 08h00 (45')					Yoga Anti-stress* 12h30 (60')																			
								Cross Training* 12h30 (60')								Cross Training* 19h30 (60')											
				Aquagym 09h30 (45')	Aquadynamic 10h30 (45')			Aquawork 12h30 (45')					RPM* 17h30 (45')	RPM* 18h30 (45')		Aquabiking* 19h30 (45')	Aquawork 20h30 (45')										
Vendredi 07h-22h					Bodysculpt 09h30 (45')	Stretching 10h30 (45')	LesMills Core 11h30 (30')	Bodypump 12h30 (60')					Bodypump 17h30 (45')	Bodyattack 18h30 (45')	Bodyjam 19h30 (45')	Stretching 20h30 (45')											
								Bodybalance* 12h30 (60')																			
								RPM* 12h30 (45')					Grit Cardio* 17h30 (45')														
				Aquabiking* 09h30 (45')	Aquagym 10h30 (45')			Aquabiking* 12h30 (45')		Aquagym 15h00 (45')			Aquadynamic 17h30 (45')	RPM* 18h30 (45')	Aquabiking* 18h30 (45')	Aquagym 19h30 (45')											
Samedi 08h-20h					Bodypump 10h00 (45')	Bodybalance 11h00 (45')	LesMills Core 12h00 (45')																				
					Sprint* 10h00 (45')	RPM* 11h00 (45')																					
					Aquadynamic 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')																				
Dimanche 08h-17h					Pilates 10h00 (45')	Bodypump 11h00 (45')	Stretching 12h00 (45')																				
						Cross Training* 11h00 (60')																					
					RPM* 10h00 (45')																						
					Aquawork 10h00 (45')	Aquadynamic 11h00 (45')	Aquabiking* 12h00 (45')																				
												* Cours sur réservation															
												Salle de cours		Studio		Zone fonctionnelle		Studio Bike		Piscine							

* Cours sur réservation

Salle de cours	Studio	Zone fonctionnelle	Studio Bike	Piscine
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*Planning qui sera mis en place à l'issue de la phase de transformation du club.