Planning des cours collectifs

MATIN | MIDI | APRÈS-MIDI | SOIR

7h 8h 9h 10h 11h 12h 13h 14h 15h 16h 17h 18h 19h 20h 21h 22h

Lundi
07h-22h

- Pilates* 08h15 (45')
- Bodysculpt 09h15 (45')
- RPM* 09h15 (45')
- LesMills Core 10h15 (45')
- Bodybalance 11h00 (60')
- Bodypump 12h30 (60')
- RPM* 12h30 (45')
- Cross Training* 12h30 (60')
- C.A.F. 14h15 (45')
- Yoga Energie 15h30 (60')
- RPM* 15h00 (45')
- Grit 17h00 (30')
- Bodyattack 17h30 (45')
- RPM* 17h30 (45')
- Well3D* 17h30 (45')
- Bodypump 18h30 (45')
- RPM* 18h30 (45')
- Cross Training* 18h30 (45')
- Wellrun* 19h00 (75')
- Zumba 19h30 (45')
- Sprint* 19h30 (45')
- Strength Development* 19h30 (45')
- Boxing* 20h30 (60')
- RPM* 20h30 (45')
- Cross Training* 20h30 (60')
- Aquadynamic 08h15 (45')
- Aquawork 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquabiking* 11h15 (45')
- Aquabiking* 12h30 (45')
- Aquagym 15h00 (45')
- Aquawork 17h30 (45')
- Aquadynamic 18h30 (45')
- Aquabiking* 19h30 (45')
- Aquabiking* 20h30 (45')

Mardi
07h-22h

- Bodysculpt 08h30 (45')
- Zumba 09h15 (45')
- A.F. 10h00 (30')
- Stretching 10h30 (45')
- RPM* 09h45 (45')
- LesMills Core 12h00 (30')
- Bodycombat 12h30 (60')
- Sprint* 12h30 (45')
- Well3D* 12h30 (60')
- Pilates* 14h00 (45')
- Bodybalance 15h00 (60')
- Boxing* 16h30 (45')
- Bodypump 17h30 (45')
- Sprint* 17h30 (45')
- Cross Training* 17h30 (45')
- Bodyattack 18h30 (45')
- RPM* 18h30 (45')
- Well3D* 18h30 (45')
- Bodyjam 19h30 (45')
- RPM* 19h30 (45')
- Cross Training* 19h30 (60')
- Bodybalance 20h30 (45')
- Aquabiking* 08h15 (45')
- Aquabiking* 09h15 (45')
- Aquadynamic 10h15 (45')
- Aquawork 11h15 (45')
- Aquagym 12h30 (45')
- Aquabiking* 15h00 (45')
- Aquagym 17h30 (45')
- Aquabiking* 18h30 (45')
- Aquadynamic 19h30 (45')
- Aquabiking* 20h30 (45')

Mercredi
07h-22h

- Pilates* 08h15 (45')
- Bodypump 09h15 (45')
- Yoga Anti-stress 10h15 (60')
- Pilates* 12h30 (60')
- RPM* 12h30 (45')
- Cross Training* 12h30 (60')
- Bodysculpt 15h00 (45')
- Zumba 15h45 (45')
- Yoga Energie 16h30 (45')
- Boxing* 17h30 (45')
- Well3D* 17h30 (45')
- LesMills Dance 18h30 (45')
- Sprint* 18h30 (45')
- Cross Training* 18h30 (45')
- Wellrun* 19h00 (75')
- Pilates* 19h30 (45')
- RPM* 19h30 (45')
- Cross Training* 19h30 (45')
- Pole Dance* 20h30 (75')
- Strength Development* 20h30 (60')
- Aquagym 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquadynamic 11h15 (45')
- Aquacombat 12h30 (45')
- Aquabiking* 14h00 (45')
- Aquadynamic 16h00 (45')
- Aquadynamic 17h30 (45')
- Aquawork 18h30 (45')
- Aquabiking* 19h30 (45')
- Aquabiking* 20h30 (45')

Jeudi
07h-22h

- C.A.F. 08h30 (45')
- Stretching 09h15 (30')
- Bodysculpt 09h45 (45')
- Pilates* 10h30 (45')
- Total Recup* 11h30 (45')
- RPM* 09h45 (45')
- LesMills Core 12h30 (45')
- Sprint* 12h30 (45')
- Strength Development* 12h30 (60')
- Yoga Anti-stress 15h00 (45')
- Pilates* 16h00 (45')
- Grit 17h00 (30')
- Bodybalance 17h30 (45')
- RPM* 17h30 (45')
- Cross Training* 17h30 (45')
- Bodycombat 18h30 (45')
- RPM* 18h30 (45')
- Cross Training* 18h30 (45')
- Bodypump 19h30 (45')
- Sprint* 19h30 (45')
- Well3D* 19h30 (45')
- Yoga Anti-stress 20h30 (60')
- Cross Training* 20h30 (60')
- Aquagym 08h15 (45')
- Aquabiking* 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquadynamic 11h15 (45')
- Aquabiking* 12h30 (45')
- Aquabiking* 15h00 (45')
- Aquabiking* 17h30 (45')
- Aquacombat 18h30 (45')
- Aquawork 19h30 (45')
- Aquabiking* 20h30 (45')

Vendredi
07h-22h

- Yoga Energie 08h45 (45')
- LesMills Core 09h45 (45')
- Bodypump 10h30 (45')
- Total Recup* 11h30 (45')
- RPM* 10h45 (45')
- Bodybalance 12h30 (60')
- RPM* 12h30 (45')
- Well3D* 12h30 (60')
- Bodysculpt 15h00 (45')
- Pole Dance* 16h00 (90')
- Bodysculpt 17h30 (45')
- Cross Training* 17h30 (45')
- Step* 18h30 (45')
- Sprint* 18h30 (45')
- Cross Training* 18h30 (60')
- Afro Move 19h30 (45')
- RPM* 19h30 (45')
- Stretching 20h30 (45')
- Aquawork 08h15 (45')
- Aquadynamic 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquagym 11h15 (45')
- Aquabiking* 12h30 (45')
- Aquagym 14h00 (45')
- Aquadynamic 15h00 (45')
- Aquacombat 17h30 (45')
- Aquabiking* 18h30 (45')
- Aquabiking* 19h30 (45')

Samedi
08h-20h

- Pilates* 09h00 (45')
- Bodypump 10h00 (45')
- LesMills Core 11h00 (30')
- Boxing* 11h30 (60')
- Sprint* 10h00 (45')
- RPM* 11h00 (45')
- Aquadynamic 10h00 (45')
- Aquabiking* 11h00 (45')
- Aquabiking* 12h00 (45')
- Aquabiking* 13h00 (45')
- RPM* 14h45 (45')
- Bodysculpt 15h45 (45')
- Stretching 16h30 (45')
- Pole Dance* 17h15 (90')
- Aquabiking* 16h00 (45')

Dimanche
08h-17h

- Bodysculpt 09h00 (45')
- Bodybalance 10h00 (45')
- Bodypump 11h00 (45')
- LesMills Core 12h00 (30')
- RPM* 10h00 (45')
- Sprint* 11h00 (45')
- Aquabiking* 09h00 (45')
- Aquawork 10h00 (45')
- Aquadynamic 11h00 (45')
- Aquabiking* 12h00 (45')

* Cours sur réservation

Salle de cours | Zone fonctionnelle | Studio Bike | Extérieur | Piscine

WellNess Sport Club - Marseille Prado