

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		Yoga 07h15 (45')		Bodysculpt 09h15 (45')	Pilates* 10h15 (45')		Stretching 11h15 (45')		Bodypump 12h30 (60')		Pilates* 14h30 (60')		Tai Chi 16h00 (45')	Bodysculpt 17h00 (45')	Step 17h45 (45')	Boxing* 18h30 (45')	Pilates* 19h15 (45')	Zumba 20h15 (45')
				LesMills Core* 10h15 (45')								Pilates Ball* 17h00 (45')	Grit Force* 17h45 (45')	Bodybalance* 18h30 (45')	LesMills Core* 19h15 (45')	Yoga Anti-stress* 20h15 (60')		
			Wellcircuit* 09h15 (60')					TRX* 12h30 (45')					Cross training* 18h00 (45')	TRX* 19h00 (45')	Cross training* 20h00 (60')			
			RPM* 09h15 (45')											RPM* 18h30 (45')		RPM* 19h30 (45')		
			Aquawork 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')					
Mardi 07h-22h			Pilates* 08h30 (45')	Bodypump 09h15 (60')		Bodybalance 10h30 (45')	Yoga Energie 11h30 (45')	Boxing* 12h30 (60')		Bodysculpt 14h30 (45')		Pilates* 16h00 (60')	Self-Defense* 17h30 (45')	Bodypump 18h15 (45')	Bodyattack 19h15 (45')	Bodyjam 20h15 (60')		
					Step* 10h30 (45')		Bodysculpt* 11h30 (45')					Yoga Energie* 17h00 (45')	Grit Cardio* 18h00 (45')	LesMills Core* 18h45 (45')	Pilates Ball* 19h30 (45')	Bodybalance* 20h15 (60')		
								Cross Training* 12h30 (60')						Cross Training* 18h30 (45')	TRX* 19h30 (45')			
			Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquatonus 11h15 (45')	Aquabiking* 12h30 (45')					Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquatonus 19h30 (45')				
								RPM* 12h30 (45')						RPM* 18h30 (45')		Sprint* 19h30 (45')		
Mercredi 07h-22h		Cross Training* 07h15 (60')		C.A.F. 09h15 (45')	Pilates* 10h15 (45')	Stretching 11h00 (45')		Bodysculpt 12h30 (45')				Welldance 16h15 (45')	Bodypump 17h30 (45')	C.A.F 18h30 (45')	Boxing* 19h15 (45')	Pole Dance* 20h15 (90')		
			Qi Gong* 09h00 (60')				Yoga* 12h30 (60')					Yoga Energie* 17h00 (45')	LesMills Core* 18h00 (30')		Yoga Anti-stress* 19h15 (60')	Stretching* 20h30 (45')		
			Wellcircuit E-Zone* 09h15 (60')					TRX* 12h30 (45')						TRX* 18h30 (45')	Cross Training* 19h30 (60')			
			RPM* 09h15 (45')											RPM* 18h30 (45')	RPM* 19h30 (45')			
			Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					Aquatonus 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')					
Jeudi 07h-22h			Yoga Energie 09h00 (60')	C.A.F. 10h15 (45')	Pilates Ball* 11h15 (45')		Bodyattack 12h30 (60')		Stretching 14h30 (45')			Bodysculpt 16h30 (45')	Pilates* 17h15 (45')	Bodycombat 18h00 (45')	Bodypump 19h00 (45')	Bodyjam 20h00 (60')		
							Bodybalance* 12h30 (60')					Yoga Energie* 16h45 (60')		Grit Cardio* 18h15 (45')	Bodybalance* 19h00 (45')	Yoga Anti-stress* 20h00 (60')		
							Cross Training* 12h30 (60')							Cross Training* 18h00 (45')	TRX* 19h00 (45')	Cross Training* 20h00 (60')		
							RPM* 12h30 (45')							Sprint* 18h30 (45')	RPM* 19h30 (45')			
			Aquatonus 09h15 (45')	Aquabiking* 10h15 (45')	Aquawork 11h15 (45')	Aquagym 12h30 (45')					Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')					
Vendredi 07h-22h			Pilates* 09h15 (45')	Stretching 10h15 (60')		Qi Gong* 11h30 (45')	C.A.F. 12h30 (45')					Pole Dance* 16h30 (90')	Yoga Energie 18h00 (45')	Step 19h00 (45')	Welldance 20h00 (60')			
							Yoga* 12h30 (60')						Grit Force* 17h30 (45')	Bodysculpt* 18h15 (45')	Pilates Ball* 19h00 (45')			
			Wellcircuit* 09h15 (60')				TRX* 12h30 (45')						TRX* 17h30 (45')	Cross Training* 18h30 (60')				
			RPM* 09h15 (45')											RPM* 18h30 (45')	Sprint* 19h30 (45')			
			Aquabiking* 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')	Aquadynamic 12h30 (45')					Aquatonus 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')					
Samedi 08h-20h			Pilates* 08h30 (45')	Bodysculpt 09h15 (45')	Bodyattack 10h00 (45')	Bodypump 11h00 (45')	Bodybalance 12h00 (60')				Bodycombat 15h30 (45')	C.A.F. 16h30 (45')	Stretching 17h15 (45')					
					Cross Training* 10h00 (60')													
						RPM* 11h15 (45')												
Dimanche 08h-17h				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h15 (45')											
				Bodypump 09h15 (45')	Bodybalance 10h15 (45')	LesMills Core 11h15 (60')												
						TRX* 11h15 (45')												
				RPM* 10h15 (45')														
				Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquagym 12h15 (45')											
													* Cours sur réservation					
		Salle de cours		Studio Zen		Zone fonctionnelle		Studio Bike		Piscine								

Well'Ness Sport Club - Tassin-la-Demi-Lune