

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')	
Mardi 07h-22h					Aquawork 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquadynamic 12h30 (45')					Aquabiking* 17h30 (45')		Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	
Mercredi 07h-22h																	
Jeudi 07h-22h																	
Vendredi 07h-22h																	
Samedi 08h-20h																	
Dimanche 08h-17h																	

* Cours sur réservation

Salle de cours

Studio Zen

Zone fonctionnelle

Studio Bike

Piscine

WellNess Sport Club - Tassin-la-Demi-Lune

* Cours sur réservation

Salle de cours	Studio Zen	Zone fonctionnelle	Studio Bike	Piscine
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