

WELLNESS SPORT CLUB BESANÇON

	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
LUNDI ⌚ OUVERTURE : 09H00 FERMETURE : 22H00			Bodysculpt 09h15 (60')		Yoga Energie 11h15 (60')	Bodypump 12h30 (45')					Bodysculpt 16h45 (45')	Bodypump 17h30 (60')	Step 2 18h30 (60')	CX Worx 19h30 (30')	Bodyattack 20h00 (60')	
				Bodybalance 10h15 (60')	Cross Training* 11h15 (45')	Cross Training* 12h30 (45')	RPM* 12h30 (45')					RPM* 17h30 (45')	Boxing* 18h30 (60')	Cross training* 19h30 (45')	Cross training* 20h30 (45')	
			Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquadynamic 11h15 (45')	Aquatonus Power 12h30 (45')		Aquagym 14h00 (45')			Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquawork* 20h30 (30')	
MARDI ⌚ OUVERTURE : 08H00 FERMETURE : 22H00		Cross Training* 08h15 (60')		Stretching 10h15 (60')		Bodyattack 12h30 (45')			Pilates 1 14h30 (45')			C.A.F. 17h30 (60')	Bodyjam 18h30 (60')	Pilates 1 19h30 (45')	Zumba 20h15 (60')	
			RPM* 09h15 (45')			Cross Training* 12h30 (45')					Grit 16h45 (45')		Boxing* 18h00 (60')	Cross Training* 19h00 (45')		
			Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')	Aquadynamic 12h30 (45')		Aquatonus 14h00 (45')			Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquawork* 20h30 (30')	
MERCREDI ⌚ OUVERTURE : 09H00 FERMETURE : 22H00			Pilates Ball 09h15 (60')	CX Worx + Stretch 10h15 (45')	Yoga anti-stress 11h15 (60')	C.A.F. 12h30 (45')						Bodypump 17h30 (60')	Step 2 18h30 (60')	Zumba 19h30 (60')	Salsa 20h30 (60')	
			Sprint* 09h15 (30')		Cross Training* 11h15 (45')	Cross Training* 12h30 (45')						Cross Training* 17h30 (45')	Cross Training* 18h30 (45')	Bodybalance 19h30 (60')	Well Circuit* 20h30 (60')	
			Aquadynamic 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork* 12h30 (45')		Aquabiking* 14h00 (45')	Jardin d'eau 15h00 (60')			Aquawork* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
JEUDI ⌚ OUVERTURE : 08H00 FERMETURE : 22H00			Zumba 09h15 (45')			Step 1 12h30 (45')					CX Worx + Stretch 16h45 (45')		Aéro Dance 18h30 (60')	Bodypump 19h30 (60')		
			Cross Training* 09h15 (45')	Bodybalance 10h15 (60')		Boxing* 12h30 (45')	RPM* 12h30 (45')					Bodyattack 17h30 (60')	Cross Training* 18h30 (45')	Pilates 2 19h30 (60')	Pole Dance 20h30 (75')	
			Prénatal 09h15 (120')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquagym 14h00 (45')			Aquawork* 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')	Aquagym Training* 20h30 (45')	
VENDREDI ⌚ OUVERTURE : 09H00 FERMETURE : 21H00			C.A.F. 09h15 (45')			Bodypump 12h30 (45')						Bodypump 17h30 (60')	Bodycombat 18h30 (60')	Zumba 19h30 (45')		
				Pilates 1 10h15 (60')	Cross Training* 11h15 (45')	Cross Training* 12h30 (45')	Sprint* 12h30 (30')				Cross Training* 16h30 (45')	Boxing* 17h30 (60')		Cross Training* 19h00 (45')		
			Aquadynamic 09h15 (45')	Aquatonus 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork* 12h30 (45')		Aquadynamic 14h00 (45')			Aquatonus power 16h30 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
SAMEDI ⌚ OUVERTURE : 09H00 FERMETURE : 19H00			Bodypump 09h15 (60')		Bodybalance 11h15 (60')				Bodypump 14h30 (60')	C.A.F. 15h30 (60')	Stretching 16h30 (45')					
				RPM* 10h15 (45')												
			Aquadynamic 09h15 (45')	Aquawork 10h15 (45')	Aquabiking 11h15 (45')	Aquabiking* 12h30 (45')										
DIMANCHE ⌚ OUVERTURE : 09H00 FERMETURE : 15H00			Bodypump 09h15 (45')	C.A.F. 10h15 (45')	Stretching 11h15 (45')											
			BB nageurs 09h15 (60')	Jardin d'eau 10h15 (60')	RPM* 11h15 (45')	Aquabiking* 11h30 (45')	Aquabiking* 12h30 (45')									

Salle de cours
Studio
RPM
Piscine

* Cours sur réservation