

# WELLNESS SPORT CLUB TASSIN - PLANNING D'ÉTÉ DU 31 JUILLET AU 20 AOÛT 2017 INCLUS

	MATIN					APRÈS-MIDI					SOIR				
	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
<b>LUNDI</b> ⌚ OUVERTURE : 09H00 FERMETURE : 22H00		Bodysculpt 09h15 (45')	Stretching 10h00 (45')	C.A.F. 10h45 (45')		Bodypump 12h30 (60')				C.A.F. 17h00 (45')	Step 1 17h45 (45')	Bodysculpt 18h30 (45')	Stretching 19h15 (45')		
		Well circuit 09h15 (60')										Pilates 1 18h30 (45')	Grit Plyo 19h15 (45')	Yoga Anti Stress 20h00 (60')	
		RPM 09h15 (45')										RPM 18h15 (45')	RPM 19h15 (45')		
		Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking 11h15 (45')		Aquabiking 12h30 (45')				Aquabiking 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking 19h30 (45')			
<b>MARDI</b> ⌚ OUVERTURE : 08H00 FERMETURE : 22H00		Bodypump 09h15 (60')	Bodybalance 10h15 (60')	Step 1 10h30 (45')		Zumba 12h30 (45')						Bodypump 18h00 (60')	Bodyattack 19h00 (60')	Bodyjam 20h00 (60')	
		Aquagym 09h15 (45')	Aquabiking 10h15 (45')	Aquadynamic 11h15 (45')		RPM 12h30 (45')				Pilates 2 16h15 (45')	Yoga Energie 17h00 (60')	Grit Cardio 18h00 (45')	CX Worx 18h45 (30')	Pilates Ball 19h15 (45')	Bodybalance 20h00 (60')
												RPM 18h15 (45')	Sprint 19h15 (45')		
												Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')	
<b>MERCREDI</b> ⌚ OUVERTURE : 09H00 FERMETURE : 22H00		C.A.F. 09h15 (45')	Pilates 1 10h00 (45')	Stretching 10h45 (45')		Bodysculpt 12h30 (45')				Zumba 16h15 (45')	Bodypump 17h30 (60')	Step 1 18h30 (45')	L.I.A. 2 19h15 (60')	Pole Dance 20h15 (90')	
		Well circuit 09h15 (60')								CX Worx 17h00 (30')	Grit Plyo 17h30 (45')	C.A.F. 18h30 (45')			
		RPM 09h15 (45')										RPM 18h15 (45')	RPM 19h15 (45')		
		Aquabiking 09h15 (45')	Aquagym 10h15 (45')	Aquabiking 11h15 (45')		Aquadynamic 12h30 (45')					Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')		
<b>JEUDI</b> ⌚ OUVERTURE : 08H00 FERMETURE : 22H00		Step 1 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')		BodyBalance 12h30 (60')					Bodypump 17h30 (60')	CX Worx 18h30 (30')	Bodycombat 19h00 (60')		
		Aquagym 09h15 (45')	Aquabiking 10h15 (45')	Aquadynamic 11h15 (45')		RPM 12h30 (45')					Pilates 1 17h15 (45')	Grit Plyo 18h00 (45')	Bodybalance 19h00 (60')	Yoga Anti-Stress 20h00 (60')	
												Sprint 18h15 (45')	RPM 19h15 (45')		
												Aquabiking 17h30 (45')	Aquabiking 18h30 (45')	Aquadynamic 19h30 (45')	
<b> VENDREDI</b> ⌚ OUVERTURE : 09H00 FERMETURE : 22H00		Pilates 1 09h15 (60')	Stretching 10h15 (60')			C.A.F. 12h30 (45')			Pole Dance 15h45 (90')		Bodysculpt 17h30 (45')	L.I.A. 1 18h15 (45')	Step 2 19h00 (60')		
		Well circuit 09h15 (60')											Grit Force 19h00 (45')	Pilates Ball 19h45 (45')	
												RPM 18h15 (45')	Sprint 19h15 (45')		
			Aquagym 10h15 (45')	Aquabiking 11h15 (45')		Aquadynamic 12h30 (45')					Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')			
<b>SAMEDI</b> ⌚ OUVERTURE : 08H00 FERMETURE : 17H00	Pilates 1 08h30 (45')	Bodysculpt 09h15 (45')	Bodybalance 10h00 (60')	Bodyattack 11h00 (60')	Bodypump 12h00 (60')										
	Aquagym 09h15 (45')		Sprint 10h15 (45')	RPM 11h15 (45')	Aquabiking 12h15 (45')										
			Aquadynamic 10h15 (45')	Aquabiking 11h15 (45')	Aquabiking 12h15 (45')										

Le club sera fermé les dimanches 6, 13 et 20 août  
 Fermeture exceptionnelle du club le mardi 15 août

Salle Cours	Studio	Plateau	RPM	Piscine
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