

WELLNESS SPORT CLUB LYON CONFLUENCE

	MATIN				APRÈS-MIDI				SOIR									
	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00		
Lundi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00			Pilates 08h30 (45')	Bodysculpt 09h15 (45')	Bodybalance 10h00 (60')	Total Recup 11h00 (45')		Bodypump 12h30 (60')		C.A.F. 14h30 (45')		Bodysculpt 16h15 (45')	Pilates 17h00 (45')	Bodypump 17h45 (60')	Boxing 19h00 (60')	Total Recup 20h00 (45')	Ragga Dance 20h45 (60')	
				Well Circuit 09h15 (60')										Cross Training 18h00 (60')	Cross Training 19h00 (60')			
					RPM 10h15 (45')							Sprint 17h30 (45')	RPM 18h30 (45')	RPM 19h30 (45')				
				Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquabiking 11h15 (45')		Aquabiking 12h30 (45')		Aquabiking 14h30 (45')			Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')		Aquadynamic 20h30 (45')	
Mardi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00			C.A.F. 08h30 (45')	Yoga Energie 09h15 (60')	Bodypump 10h15 (60')	CX Worx 11h15 (30')		Bodybalance 12h30 (60')		Pilates 14h30 (45')								
														Cross Training 18h00 (60')	Cross Training 19h00 (60')			
														Sprint 18h30 (45')	RPM 19h30 (45')			
				Aquabiking 09h15 (45')	Aquabiking 10h15 (45')	Aquagym 11h15 (45')		Aquadynamic 12h30 (45')					Aquabiking 17h30 (45')	Aquabiking 18h30 (45')	Aquadynamic 19h30 (45')		Aquagym 20h30 (45')	
Mercredi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00			Tai Chi 08h30 (60')	C.A.F. 09h30 (45')	Zumba 10h15 (45')	Stretching 11h00 (45')		Boxing 12h30 (60')		Yoga anti-stress 14h30 (60')								
														Cross Training 18h00 (60')	Cross Training 19h00 (60')			
				RPM 09h15 (45')										RPM 17h30 (45')	RPM 18h30 (45')	Sprint 19h30 (45')		
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking 11h15 (45')		Aquabiking 12h30 (45')		Aquabiking 14h30 (45')			Aquagym 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking 19h30 (45')		Aquabiking 20h30 (45')	
Jeudi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00			Bodysculpt 08h30 (45')	Bodybalance 09h15 (60')	Pilates 10h15 (45')	Yoga Energie 11h00 (60')		C.A.F. 12h30 (45')		Stretching 14h30 (45')								
														Cross Training 18h00 (60')	Cross Training 19h00 (60')			
														RPM 17h30 (45')	Sprint 18h30 (45')	RPM 19h30 (45')		
				Aquabiking 09h15 (45')	Aquabiking 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking 12h30 (45')					Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')		Aquagym 20h30 (45')	
Vendredi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00			Total Recup 08h30 (45')	Stretching 09h15 (45')	Step 10h00 (45')	C.A.F. 10h45 (45')		Bodyattack 12h30 (60')		Bodypump 14h30 (45')		Yoga Energie 15h45 (60')		Bodypump 17h00 (60')	Crit Cardio 18h00 (45')	Pole Dance 18h45 (90')	Bodybalance 20h15 (60')	
														Cross Training 18h00 (60')	Cross Training 19h00 (60')			
				RPM 09h15 (45')										Sprint 17h30 (45')	RPM 18h30 (45')			
				Aquadynamic 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h15 (45')		Aquagym 12h30 (45')					Aquabiking 16h30 (45')	Aquabiking 17h30 (45')	Aquadynamic 18h30 (45')		Aquagym 19h30 (45')	
Samedi 🕒 OUVERTURE : 08h00 🕒 FERMETURE : 20h00			Pilates 08h30 (45')	Bodypump 09h15 (60')	Bodyjam 10h30 (60')	Bodybalance 11h30 (60')	Total Recup 12h30 (45')			Pole Dance 15h00 (90')		C.A.F. 16h30 (45')	Stretching 17h15 (45')					
				Aquadynamic 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h15 (45')	Aquadynamic 12h15 (45')											
Dimanche 🕒 OUVERTURE : 08h00 🕒 FERMETURE : 17h00			Pilates 09h15 (45')	Bodypump 10h00 (60')		Crit cardio 11h15 (45')	Stretching 12h00 (45')											
				Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking 11h15 (45')	Aquabiking 12h15 (45')											

Salle de cours
Plateau
RPM
Piscine