

# WELLNESS SPORT CLUB LYON VENDÔME - 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 : 08H00 🕒 FERMETURE : 22H00		C.A.F. 09h15 (45')	Bodysculpt 10h00 (45')	Stretching 10h45 (45')	Pilates Ball 11h30 (45')	Bodyattack 12h30 (45')				Bodysculpt 16h30 (45')	L.I.A. 17h15 (45')	C.A.F. 18h00 (45')	Step 1 18h45 (45')	Bodypump 19h30 (60')	Grit 20h30 (45')
		Aquadynamic 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h15 (45')	Aquabiking 12h30 (45')					Aquabiking 17h30 (45')		RPM 18h15 (45')	Bodysculpt 18h45 (45')	Pilates 19h30 (45')	Bodybalance 20h15 (60')
<b>MARDI</b> 🕒 OUVERTURE : 08H00 🕒 FERMETURE : 22H00		Cx Worx 09h15 (30')	Body Balance 09h45 (60')	Pilates 10h45 (45')	Grit 11h30 (45')	BodySculpt 12h30 (45')				Step 2 16h30 (45')	Bodypump 17h15 (60')	L.I.A. 1 18h15 (45')	BodySculpt 19h00 (45')	Bodyattack 19h45 (60')	Zumba 20h45 (60')
		Aquabiking 09h15 (45')	Aquabiking 10h15 (45')	Aquadouce 11h15 (45')	Aquabiking 12h30 (45')					Aquabiking 16h30 (45')	Aquabiking 17h30 (45')	Sprint 18h15 (45')		RPM 19h15 (45')	
<b>MERCREDI</b> 🕒 OUVERTURE : 08H00 🕒 FERMETURE : 22H00		Pilates Ball 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')	Gym Soft 11h30 (45')	Zumba 12h30 (45')				Bodybalance 16h30 (45')	Bodyjam 17h15 (60')	Bodypump 18h15 (60')	Cx Worx 19h15 (30')	Bodycombat 19h45 (60')	
		Aquagym 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h15 (45')	Aquabiking 12h30 (45')					Aquabiking 17h30 (45')		RPM 18h15 (45')	Sprint 19h15 (45')		RPM 20h15 (45')
<b>JEUDI</b> 🕒 OUVERTURE : 08H00 🕒 FERMETURE : 22H00		C.A.F. 09h15 (45')	Pilates 10h00 (45')	Gym soft 10h45 (45')	Stretching 11h30 (45')	Bodybalance 12h30 (45')		Grit 15h30 (45')	Bodypump 16h30 (60')	Step 2 17h30 (45')	A.F. 18h15 (30')	L.I.A. 2 18h45 (45')	Bodypump 19h30 (60')	Pole Dance 20h30 (75')	
		Aquagym 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h15 (45')	Aquabiking 12h30 (45')				Aquabiking 16h30 (45')	Aquabiking 17h30 (45')		RPM 18h15 (45')		RPM 19h15 (45')	
<b>VENDREDI</b> 🕒 OUVERTURE : 08H00 🕒 FERMETURE : 21H00		Bodysculpt 09h15 (45')	Step 1 10h00 (45')	Pilates Ball 10h45 (45')	C.A.F. 11h30 (45')	Bodypump 12h30 (45')				Bodycombat 16h30 (45')	Bodypump 17h15 (60')	Bodyjam 18h15 (60')	Bodybalance 19h15 (60')		
		Aquabiking 09h15 (45')	Aquabiking 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h30 (45')					Aquabiking 16h30 (45')	RPM 17h15 (45')		Sprint 18h15 (45')		
<b>SAMEDI</b> 🕒 OUVERTURE : 08H00 🕒 FERMETURE : 17H00		Pilates 09h30 (45')	Bodypump 10h15 (60')	Stretching 11h15 (45')	Bodypump 12h00 (60')										
		Aquabiking 09h15 (45')	RPM 10h30 (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	Piscine	RPM
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