

# WELLNESS SPORT CLUB BESANÇON

## MATIN

## APRÈS-MIDI

## SOIR

08h00 09h00 10h00 11h00 12h00 13h00 14h00 15h00 16h00 17h00 18h00 19h00 20h00 21h00 22h00

**Lundi**

🕒 OUVERTURE : 09h00  
FERMETURE : 22h00

		<b>Bodysculpt</b> 09h15 (60')		<b>Yoga Energie</b> 11h15 (60')	<b>Bodypump</b> 12h30 (45')					<b>Bodysculpt</b> 16h45 (45')	<b>Bodypump</b> 17h30 (60')	<b>Step 2</b> 18h30 (60')	<b>CX Worx</b> 19h30 (30')	<b>Bodyattack</b> 20h00 (60')	
			<b>Bodybalance</b> 10h15 (60')	<b>Cross Training</b> 11h15 (45')	<b>Cross Training</b> 12h30 (45')								<b>Boxing</b> 18h30 (60')	<b>Cross Training</b> 19h30 (45')	<b>Cross Training</b> 20h30 (45')
		<b>Aquabiking</b> 09h15 (45')	<b>Aquabiking</b> 10h15 (45')	<b>Aquadynamic</b> 11h15 (45')	<b>RPM</b> 12h30 (45')	<b>Aquatonus Power</b> 12h30 (45')				<b>Aquagym</b> 16h30 (45')	<b>RPM</b> 17h30 (45')	<b>RPM</b> 18h30 (45')	<b>RPM</b> 19h30 (45')	<b>RPM</b> 19h30 (45')	<b>Aquawork</b> 20h30 (30')
						<b>Aquagym</b> 14h00 (45')									

**Mardi**

🕒 OUVERTURE : 08h00  
FERMETURE : 22h00

		<b>Bodypump</b> 09h15 (60')			<b>Bodyattack</b> 12h30 (45')		<b>Pilates 1</b> 14h30 (45')				<b>C.A.F.</b> 17h30 (60')	<b>Bodyjam</b> 18h30 (60')	<b>Pilates 1</b> 19h30 (45')	<b>Zumba</b> 20h15 (60')	
	<b>Cross Training</b> 08h15 (45')		<b>Stretching</b> 10h15 (45')		<b>Cross Training</b> 12h30 (45')					<b>Grit</b> 16h45 (45')		<b>Boxing</b> 18h00 (60')	<b>Cross Training</b> 19h00 (45')		
		<b>RPM</b> 09h15 (45')				<b>Aquadynamic</b> 12h30 (30')				<b>Aquagym</b> 16h30 (45')	<b>RPM</b> 17h30 (45')	<b>RPM</b> 18h30 (45')	<b>RPM</b> 19h30 (45')	<b>RPM</b> 19h30 (45')	<b>Aquawork</b> 20h30 (30')
		<b>Aquagym</b> 09h15 (45')	<b>Aquabiking</b> 10h15 (45')	<b>Aquabiking</b> 11h15 (45')	<b>Aquadynamic</b> 12h30 (45')	<b>Aquatonus</b> 14h00 (45')						<b>Aquadynamic</b> 17h30 (45')	<b>Aquabiking</b> 18h30 (45')	<b>Aquabiking</b> 19h30 (45')	<b>Aquawork</b> 20h30 (30')

**Mercredi**

🕒 OUVERTURE : 09h00  
FERMETURE : 22h00

			<b>CX Worx + Stretch</b> 10h15 (45')	<b>Yoga anti-stress</b> 11h15 (60')	<b>Sh'Bam</b> 12h30 (45')						<b>Bodypump</b> 17h30 (60')	<b>Step 2</b> 18h30 (60')	<b>Zumba</b> 19h30 (60')	<b>Salsa</b> 20h30 (60')	
		<b>Pilates Ball</b> 09h15 (60')		<b>Cross Training</b> 11h15 (45')	<b>Cross Training</b> 12h30 (45')						<b>Cross Training</b> 17h30 (45')	<b>Cross Training</b> 18h30 (45')	<b>Bodybalance</b> 19h30 (60')	<b>Well Circuit</b> 20h30 (60')	
		<b>Sprint</b> 09h15 (30')				<b>Aquawork</b> 12h30 (45')		<b>Jardin d'eau</b> 15h00 (60')			<b>Sprint</b> 17h30 (30')	<b>RPM</b> 18h30 (45')	<b>RPM</b> 19h30 (45')	<b>RPM</b> 19h30 (45')	<b>Aquagym Training</b> 20h30 (45')
		<b>Aquadynamic</b> 09h15 (45')	<b>Aquadynamic</b> 10h15 (45')	<b>Aquabiking</b> 11h15 (45')	<b>Aquawork</b> 12h30 (45')	<b>Aquabiking</b> 14h00 (45')					<b>Aquawork</b> 17h30 (45')	<b>Aquadynamic</b> 18h30 (45')	<b>Aquabiking</b> 19h30 (45')	<b>Aquabiking</b> 19h30 (45')	<b>Aquawork</b> 20h30 (45')

**Jeudi**

🕒 OUVERTURE : 08h00  
FERMETURE : 22h00

		<b>Zumba</b> 09h15 (45')			<b>Step 1</b> 12h30 (45')						<b>CX Worx + Stretch</b> 16h45 (45')		<b>Zumba</b> 18h30 (60')	<b>Bodypump</b> 19h30 (60')	
		<b>Cross Training</b> 09h15 (45')	<b>Bodybalance</b> 10h15 (60')		<b>Boxing</b> 12h30 (45')							<b>Bodyattack</b> 17h30 (60')	<b>Cross Training</b> 18h30 (45')	<b>Pilates 2</b> 19h30 (60')	<b>Pole Dance</b> 20h30 (75')
			<b>RPM</b> 10h15 (45')		<b>RPM</b> 12h30 (45')							<b>RPM</b> 17h30 (45')	<b>RPM</b> 18h30 (45')	<b>RPM</b> 19h30 (45')	<b>Aquabiking</b> 20h30 (45')
		<b>Prénatal</b> 09h15 (120')		<b>Aquabiking</b> 11h15 (45')	<b>Aquabiking</b> 12h30 (45')	<b>Aquagym</b> 14h00 (45')				<b>Aquawork</b> 16h30 (45')	<b>Aquabiking</b> 17h30 (45')	<b>Aquabiking</b> 18h30 (45')	<b>Aquabiking</b> 19h30 (45')	<b>Aquadynamic</b> 19h30 (45')	<b>Aquabiking</b> 20h30 (45')

**Vendredi**

🕒 OUVERTURE : 09h00  
FERMETURE : 21h00

		<b>C.A.F.</b> 09h15 (45')			<b>Bodypump</b> 12h30 (45')							<b>Bodypump</b> 17h30 (60')	<b>Bodycombat</b> 18h30 (60')	<b>Zumba</b> 19h30 (45')	
			<b>Pilates 1</b> 10h15 (60')	<b>Cross Training</b> 11h15 (45')	<b>Cross Training</b> 12h30 (45')					<b>Cross Training</b> 16h30 (45')		<b>Boxing</b> 17h30 (60')		<b>Cross Training</b> 19h00 (45')	
			<b>RPM</b> 10h15 (45')		<b>Sprint</b> 12h30 (30')							<b>RPM</b> 17h30 (45')	<b>Sprint</b> 18h30 (30')		
		<b>Aquadynamic</b> 09h15 (45')	<b>Aquatonus</b> 10h15 (45')	<b>Aquabiking</b> 11h15 (45')	<b>Aquawork</b> 12h30 (45')	<b>Aquadynamic</b> 14h00 (45')				<b>Aquatonus Power</b> 16h30 (45')	<b>Aquabiking</b> 17h30 (45')	<b>Aquabiking</b> 18h30 (45')	<b>Aquabiking</b> 19h30 (45')	<b>Aquawork</b> 19h30 (45')	

**Samedi**

🕒 OUVERTURE : 09h00  
FERMETURE : 19h00

		<b>Bodypump</b> 09h15 (60')				<b>Bodybalance</b> 11h15 (60')			<b>Bodypump</b> 14h30 (60')	<b>C.A.F.</b> 15h30 (60')	<b>Stretching</b> 16h30 (45')				
							<b>RPM</b> 10h15 (45')								
		<b>Aquadynamic</b> 09h15 (45')	<b>Aquawork</b> 10h15 (45')	<b>Aquabiking</b> 11h15 (45')	<b>Aquabiking</b> 12h30 (45')										

**Dimanche**

🕒 OUVERTURE : 09h00  
FERMETURE : 15h00

		<b>Bodypump</b> 09h15 (45')	<b>C.A.F.</b> 10h15 (45')	<b>Stretching</b> 11h15 (45')											
			<b>RPM</b> 10h15 (45')	<b>RPM</b> 11h15 (45')											
		<b>BB nageurs</b> 09h15 (60')	<b>Jardin d'eau</b> 10h15 (60')	<b>Aquabiking</b> 11h30 (45')	<b>Aquabiking</b> 12h30 (45')										

Salle de cours    Studio    RPM    Piscine