

WELLNESS SPORT CLUB CLERMONT-FERRAND

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			Yoga Energie 08h30 (60')	Bodypump 09h30 (60')	Stretching 10h30 (45')	Bodysculpt 11h15 (45')	C.A.F. 12h30 (45')		Bodysculpt 14h30 (45')		Yoga anti-stress 16h30 (60')	Bodycombat 17h30 (60')	Sh'Bam 18h30 (45')	Bodypump 19h15 (60')	Zumba 20h15 (60')	
					TRX 10h30 (30')	Cross training 11h30 (60')	TRX 12h45 (30')					Cross training 17h30 (60')	TRX 18h45 (30')	Cross training 19h30 (60')	TRX 20h30 (30')	
			Aquagym 09h30 (45')			Aquabiking 11h30 (45')	Aquadynamic 12h30 (45')		Aquabiking 14h30 (45')		Aquagym 16h30 (45')	Aquabiking 17h30 (45')	Aquabiking 18h30 (45')		Aquadynamic 19h45 (45')	
Mardi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00		Pilates 1 09h00 (45')	Zumba 09h45 (45')	C.A.F. 10h30 (45')	Bodybalance 11h15 (60')	Bodypump 12h30 (60')		Stretching 14h30 (60')		CX Worx 16h00 (45')	Pilates 2 16h45 (45')	Bodypump 17h30 (60')	Boxing 18h30 (60')	Bodyattack 19h30 (60')	Bodybalance 20h30 (60')	
						Cross training 11h30 (60')					Cross training 17h00 (60')		TRX 18h15 (30')	Cross training 19h00 (60')	TRX 20h30 (30')	
		Aquabiking 09h00 (45')	Aquadynamic 10h00 (45')	Aquagym 11h00 (45')		Aquabiking 12h30 (45')		Aquadynamic 16h30 (45')		Aquabiking 16h30 (45')	Aquabiking 17h30 (45')	Aquabiking 18h30 (45')	Aquagym 19h30 (45')	Aquadynamic 19h30 (45')		
Mercredi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00		C.A.F. 09h00 (45')	Bodysculpt 09h45 (45')	Bodybalance 10h30 (60')	CX Worx 11h30 (45')	Zumba 12h30 (45')		Bodybalance 14h30 (60')		Crit Cardio 16h00 (45')	Bodypump 16h45 (45')	Bodybalance 17h30 (60')	Step 2 18h30 (60')	Zumba 19h30 (60')	Yoga Energie 20h30 (60')	
					Cross training 10h15 (60')		TRX 12h30 (30')				TRX 17h00 (30')		Cross training 18h00 (60')	TRX 19h00 (30')	Cross training 19h30 (60')	
		Aquagym 08h30 (45')	Aquadynamic 09h30 (45')	Aquabiking 10h30 (45')		Aquadynamic 12h30 (45')		Aquagym 14h00 (45')		Aquagym 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')	Aquabiking 19h30 (45')		
Jeudi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00		Bodysculpt 08h45 (45')	Pilates 2 09h30 (45')	Stretching 10h15 (45')	CX Worx 11h00 (45')	C.A.F. 11h45 (45')	Bodycombat 12h30 (60')	Bodysculpt 14h30 (60')		Bodypump 16h30 (60')	Boxing 17h30 (60')	Bodyjam 18h30 (60')	Grit Cardio 19h30 (45')	Pole Dance 20h15 (90')		
						Cross training 11h30 (60')				Cross training 16h30 (60')	TRX 17h45 (30')	TRX 18h45 (30')	Cross training 19h30 (60')	TRX 20h30 (30')		
		Aquagym 08h45 (45')	Aquabiking 10h00 (45')		Aquadynamic 11h15 (45')	Aquabiking 12h30 (45')		Aquabiking 14h30 (45')		Aquagym 16h30 (45')	Aquabiking 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')	Aquadynamic 19h30 (45')		
Vendredi 🕒 OUVERTURE : 07h00 🕒 FERMETURE : 22h00		Pilates 1 09h00 (45')	Bodypump 09h45 (60')	Stretching 10h45 (60')	CX Worx 11h45 (45')	Bodybalance 12h30 (60')		Pilates 1 14h30 (60')			C.A.F. 16h45 (45')	Bodyattack 17h30 (60')	L.I.A. 18h30 (60')	Step 1 19h30 (60')	Yoga anti-stress 20h30 (60')	
				Wellcircuit 10h15 (30')	Cross training 11h15 (60')	Cross training 12h30 (60')					Cross training 16h30 (60')		TRX 18h15 (30')	TRX 19h30 (30')		
		Aquadynamic 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h15 (45')	Aquagym 12h30 (45')		Aquabiking 14h30 (45')			Aquagym 16h30 (45')	Aquabiking 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 18h30 (45')			
Samedi 🕒 OUVERTURE : 09h00 🕒 FERMETURE : 20h00		Pilates 09h15 (45')	Bodypump 10h15 (60')	Bodyattack 11h15 (60')	Boxing 12h15 (60')			TRX 14h00 (30')	Cross training 14h30 (60')	Bodypump 15h30 (60')	Stretching 16h30 (45')					
						RPM 10h30 (45')	Sprint 11h30 (45')									
		Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking 11h30 (45')	Aquabiking 12h30 (45')											
Dimanche 🕒 OUVERTURE : 09h00 🕒 FERMETURE : 17h00			Bodypump 09h30 (60')	Stretching 10h30 (45')		CX Worx 12h00 (45')	Bodybalance 12h45 (60')	Cross training 13h45 (60')								
						RPM 11h15 (45')										
		Aquadynamic 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h15 (45')												

Salle de cours
Plateau
RPM
Piscine