

WELLNESS SPORT CLUB TASSIN

MATIN

APRÈS-MIDI

SOIR

	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
Lundi 🕒 OUVERTURE : 09h00 🕒 FERMETURE : 22h00			Bodysculpt 09h15 (45')	Stretching 10h00 (45')	C.A.F. 10h45 (45')		Bodypump 12h30 (60')		Pilates 1 14h30 (45')		C.A.F. 17h00 (45')	Step 1 17h45 (45')	Bodysculpt 18h30 (45')	Stretching 19h15 (45')	Zumba 20h15 (45')	
			Well circuit 09h15 (60')								Total Recup 17h00 (45')	Grit Force 17h45 (45')	Pilates 1 18h30 (45')	Danse Tahitienne 19h15 (60')	Yoga anti-stress 20h15 (60')	
			RPM 09h15 (45')								Sprint 17h15 (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')	Aquadynamic 18h30 (45')	Aquabiking 19h30 (45')		
Mardi 🕒 OUVERTURE : 08h00 🕒 FERMETURE : 22h00		Pilates 1 08h30 (45')	Bodypump 09h15 (60')		Bodybalance 10h30 (60')	Yochiga 11h30 (60')	Boxing 12h30 (60')			Bodysculpt 14h30 (45')		Boxing 17h00 (60')	Bodypump 18h00 (60')	Bodyattack 19h00 (60')	Bodyjam 20h00 (60')	
					Step 1 10h30 (45')						Pilates 2 16h15 (45')	Yoga Energie 17h00 (60')	Grit Cardio 18h00 (45')	CX Worx 18h45 (30')	Pilates Ball 19h15 (45')	Bodybalance 20h00 (60')
			Aquagym 09h15 (45')		Aquabiking 10h15 (45')	Aquadynamic 11h15 (45')	RPM 12h30 (45')		Aquabiking 12h30 (45')			RPM 17h15 (45')	RPM 18h15 (45')	Sprint 19h15 (45')		
											Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')		
Mercredi 🕒 OUVERTURE : 09h00 🕒 FERMETURE : 22h00			C.A.F. 09h15 (45')	Pilates 1 10h00 (45')	Stretching 10h45 (45')		Bodysculpt 12h30 (45')		Yoga anti-stress 14h30 (45')		Zumba 16h15 (45')	Bodypump 17h30 (60')	Step 1 18h30 (45')	Boxing 19h15 (60')	Pole Dance 20h15 (90')	
			Well circuit 09h15 (60')									CX Worx 17h00 (30')	Grit Plyo 17h30 (45')	C.A.F. 18h30 (45')	Danse orientale 19h15 (60')	Total Recup 20h15 (45')
			RPM 09h15 (45')										TRX 18h30 (45')	Cross training 19h30 (60')		
			Aquabiking 09h15 (45')	Aquagym 10h15 (45')	Aquabiking 11h15 (45')		Aquadynamic 12h30 (45')		Aquabiking 14h30 (45')			Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 19h30 (45')		
Jeudi 🕒 OUVERTURE : 08h00 🕒 FERMETURE : 22h00		Tai Chi 08h30 (45')	Step 1 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')		Bodybalance 12h30 (60')		Stretching 14h30 (45')		Bodysculpt 16h30 (45')	Bodypump 17h30 (60')	CX Worx 18h30 (30')	Bodycombat 19h00 (60')	Sh'Bam 20h00 (60')	
											Yoga Energie 16h30 (60')	Pilates 1 17h30 (45')	Grit Cardio 18h15 (45')	Bodybalance 19h00 (60')	Yoga anti-stress 20h00 (60')	
			Aquagym 09h15 (45')	Aquabiking 10h15 (45')	Aquadynamic 11h15 (45')		RPM 12h30 (45')						Cross training 18h30 (60')	TRX 19h30 (45')		
											Aquabiking 17h30 (45')	Aquabiking 18h30 (45')	Aquabiking 18h30 (45')	Aquadynamic 19h30 (45')		
Vendredi 🕒 OUVERTURE : 09h00 🕒 FERMETURE : 22h00			Pilates 1 09h15 (60')	Stretching 10h15 (60')		C.A.F. 12h30 (45')		C.A.F. 14h30 (45')		Pole Dance 16h45 (90')	Bodysculpt 17h30 (45')	L.I.A. 1 18h15 (45')	Step 2 19h00 (60')	Ragga Dance 20h00 (60')		
			Well circuit 09h15 (60')								Total Recup 17h15 (45')	Yochiga 18h00 (60')	Pilates Ball 19h00 (45')	Grit Force 19h45 (45')		
			RPM 09h15 (45')									Cross training 18h30 (60')	RPM 18h15 (45')	Sprint 19h15 (45')		
				Aquagym 10h15 (45')	Aquabiking 11h15 (45')		Aquadynamic 12h30 (45')				Aquadynamic 17h30 (45')	Aquabiking 18h30 (45')				
Samedi 🕒 OUVERTURE : 08h00 🕒 FERMETURE : 20h00		Pilates 1 08h30 (45')	Bodysculpt 09h15 (45')	Bodybalance 10h00 (60')	Bodyattack 11h00 (60')	Bodypump 12h00 (60')					Bodysculpt 16h00 (45')	C.A.F. 16h45 (45')	Stretching 17h30 (45')			
				Sprint 10h15 (45')	RPM 11h15 (45')											
			Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking 11h15 (45')	Aquabiking 12h15 (45')										
Dimanche 🕒 OUVERTURE : 08h00 🕒 FERMETURE : 17h00	CX Worx 08h30 (30')	Bodypump 09h15 (60')	Bodyjam 10h15 (60')	Bodybalance 11h15 (60')				Bodycombat 14h30 (60')	CX Worx 15h30 (30')	Stretching 16h00 (45')						
			RPM 10h15 (45')	Sprint 11h15 (45')												
		Aquabiking 09h15 (45')	Aquabiking 10h15 (45')	Aquagym 11h15 (45')	Aquadynamic 12h15 (45')											

Salle de cours
Studio
Plateau
RPM
Piscine