WELLNESS SPORT CLUB VILLEURBANNE

MATIN | APRÈS-MIDI | SOIR

07h00 | 08h00 | 09h00 | 10h00 | 11h00 | 12h00 | 13h00 | 14h00 | 15h00 | 16h00 | 17h00 | 18h00 | 19h00 | 20h00 | 21h00 | 22h00

Lundi

OUVERTURE : 08h00
FERMETURE : 22h00

- A.F. 08h45 (30')
- Bodysculpt 09h15 (45')
- Stretching 10h00 (30')
- Pilates 1 10h30 (45')
- A.F. 11h15 (30')
- Bodypump 12h30 (60')
- Pilates 1 14h30 (45')
- Pole Dance 15h15 (90')
- Step 16h45 (45')
- A.F. 17h30 (30')
- Bodypump 18h15 (60')
- Bodyattack 19h15 (60')
- Bodyjam 20h15 (60')
- RPM 09h15 (45')
- Sprint 12h30 (45')
- RPM 14h00 (30')
- RPM 16h30 (45')
- RPM 18h00 (45')
- RPM 19h15 (45')
- Sprint 20h15 (45')
- Aquagym 09h15 (45')
- Aquadynamic 10h15 (45')
- Aquabiking 11h15 (45')
- Aquabiking 12h30 (45')
- Aquagym 15h45 (45')
- Aquabiking 17h30 (45')
- Aquabiking 18h30 (45')
- Aquabiking 19h30 (45')
- Aquadynamic 20h30 (45')

Mardi

OUVERTURE : 08h00
FERMETURE : 22h00

- Pilates Ball 08h30 (45')
- C.A.F. 09h15 (45')
- Sh'Bam 10h00 (60')
- Stretching 11h00 (45')
- C.A.F. 12h30 (45')
- Stretching 15h00 (45')
- Bodysculpt 15h45 (45')
- Yoga 16h30 (60')
- Bodypump 17h30 (60')
- CX Worx 18h30 (45')
- Bodycombat 19h15 (60')
- Bodybalance 20h15 (60')
- Sprint 09h15 (45')
- RPM 12h30 (45')
- Sprint 16h30 (45')
- RPM 17h30 (45')
- Sprint 18h30 (45')
- RPM 19h30 (45')
- Aquabiking 09h15 (45')
- Aquagym 10h15 (45')
- Aquagym 11h15 (45')
- Aquagym 12h30 (45')
- Aquabiking 15h00 (45')
- Aquagym 16h00 (45')
- Aquadynamic 17h30 (45')
- Aquabiking 18h30 (45')
- Aquagym 19h30 (45')

Mercredi

OUVERTURE : 08h00
FERMETURE : 22h00

- Bodypump 08h30 (60')
- CX Worx 09h30 (30')
- Stretching 10h00 (30')
- Bodysculpt 10h30 (45')
- Bodybalance 11h15 (60')
- Boxing 12h30 (60')
- C.A.F. 14h00 (45')
- Stretching 14h45 (45')
- Bodypump 15h30 (60')
- Bodybalance 16h30 (60')
- Boxing 17h30 (60')
- Bodypump 18h30 (60')
- Bodyjam 19h30 (60')
- Danse tahitienne 20h30 (60')
- RPM 09h30 (45')
- Sprint 16h30 (45')
- RPM 17h30 (45')
- RPM 18h30 (45')
- Sprint 19h30 (45')
- Aquabiking 09h15 (45')
- Aquagym 10h15 (45')
- Aquabiking 11h15 (45')
- Aquabiking 12h30 (45')
- Aquagym 14h30 (45')
- Aquabiking 15h30 (45')
- Aquabiking 17h30 (45')
- Aquadynamic 18h30 (45')

Jeudi

OUVERTURE : 08h00
FERMETURE : 22h00

- C.A.F. 08h15 (45')
- Bodybalance 09h00 (60')
- Zumba 10h00 (60')
- Pilates 2 11h00 (45')
- Pilates Ball 11h45 (45')
- Yoga 12h30 (60')
- Bodysculpt 14h00 (45')
- Total Recup 14h45 (30')
- Yoga anti-stress 15h15 (60')
- CX Worx 16h30 (30')
- Grit force 17h00 (30')
- Bodysculpt 17h30 (45')
- Bodycombat 18h15 (45')
- Bodypump 19h00 (60')
- Grit cardio 20h00 (30')
- Pilates 1 20h30 (45')
- Well Circuit 10h15 (45')
- RPM 12h30 (45')
- Sprint 15h45 (45')
- RPM 17h30 (45')
- Sprint 19h00 (45')
- Aquagym 09h15 (45')
- Aquabiking 10h15 (45')
- Aquagym 11h15 (45')
- Aquagym 15h00 (45')
- Aquabiking 16h00 (45')
- Aquabiking 17h30 (45')
- Aquabiking 18h30 (45')
- Aquadynamic 19h30 (45')

Vendredi

OUVERTURE : 08h00
FERMETURE : 22h00

- Tai Chi 08h15 (60')
- Bodyjam 09h15 (45')
- CX Worx 10h00 (45')
- Bodypump 10h45 (60')
- Total Recup 11h45 (30')
- Bodybalance 12h30 (60')
- Yoga Energie 15h00 (60')
- C.A.F. 16h00 (45')
- Bodypump 16h45 (60')
- Zumba 17h45 (60')
- Step 18h45 (45')
- Boxing 19h30 (60')
- Ragga dance 20h30 (60')
- Well Circuit 09h15 (45')
- RPM 10h45 (45')
- Sprint 12h30 (45')
- RPM 14h45 (45')
- Sprint 18h00 (45')
- RPM 19h30 (45')
- Aquagym 09h15 (45')
- Aquagym 10h15 (45')
- Aquabiking 11h15 (45')
- Aquabiking 12h30 (45')
- Aquabiking 15h00 (45')
- Aquadynamic 16h00 (45')
- Aquabiking 17h30 (45')
- Aquagym 18h30 (45')

Samedi

OUVERTURE : 09h00
FERMETURE : 20h00

- Pilates 1 09h30 (45')
- Bodypump 10h15 (60')
- Bodyattack 11h15 (60')
- CX Worx 12h15 (30')
- Stretching 12h45 (30')
- A.F. 14h00 (30')
- Bodypump 14h30 (60')
- Boxing 15h30 (60')
- Stretching 16h30 (30')
- Sprint 09h30 (45')
- RPM 10h15 (45')
- RPM 15h30 (45')
- Aquagym 09h30 (45')
- Aquabiking 10h30 (45')
- Aquadynamic 11h30 (45')
- Aquabiking 12h30 (45')
- Aquadynamic 14h00 (45')
- Aquabiking 14h45 (45')

Dimanche

OUVERTURE : 09h00
FERMETURE : 17h00

- Bodybalance 09h30 (60')
- Bodysculpt 10h30 (60')
- Bodypump 11h30 (60')
- C.A.F. 12h30 (45')
- RPM 10h30 (45')
- RPM 11h30 (45')
- Aquabiking 09h30 (45')
- Aquabiking 10h30 (45')
- Aquagym 11h30 (45')
- Aquagym 12h30 (45')

Salle de cours | Plateau | RPM | Piscine