

# WELLNESS SPORT CLUB MARSEILLE PRADO

	MATIN					APRÈS-MIDI					SOIR					
	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
<b>Lundi</b> 🕒 OUVERTURE : 07h00 🚪 FERMETURE : 22h00		Pilates 08h15 (60')	Bodysculpt 09h15 (45')	CX Worx 10h00 (30')	Bodybalance 10h30 (60')		Bodypump 12h30 (60')	C.A.F. 14h15 (45')		Yoga anti-stress 16h00 (60')	Grit Force 17h00 (30')	Bodyattack 17h30 (60')	Bodypump 18h30 (60')	Zumba 19h30 (60')	Boxing 20h30 (60')	
			RPM 09h15 (45')			Well Circuit 11h30 (45')			RPM 12h30 (45')			RPM 17h30 (45')	RPM 18h30 (45')	Sprint 19h30 (45')		Total Recup 20h30 (45')
<b>Mardi</b> 🕒 OUVERTURE : 07h00 🚪 FERMETURE : 22h00		Bodysculpt 08h30 (45')	Zumba 09h15 (45')	A.F. 10h00 (30')	Stretching 10h30 (45')		A.F. 12h30 (30')	Grit Cardio Plyo 13h00 (30')	Bodybalance 15h00 (60')		Boxing 16h30 (60')	Bodypump 17h30 (60')	Bodyattack 18h30 (60')	Bodyjam 19h30 (60')	Bodybalance 20h30 (45')	
			RPM 09h45 (45')				Sprint 12h30 (30')					Sprint 17h30 (45')	Cross training 18h30 (60')	TRX 19h30 (45')		RPM 19h30 (45')
<b>Mercredi</b> 🕒 OUVERTURE : 07h00 🚪 FERMETURE : 22h00			Bodypump 09h15 (60')	Yoga Energie 10h15 (60')			Pilates 12h30 (60')		Bodysculpt 15h00 (45')			Boxing 17h30 (60')	Sh'Bam 18h30 (60')	Bodybalance 19h30 (60')	Pole dance 20h30 (75')	
							RPM 12h30 (45')						Total Recup 18h30 (45')	Cross training 19h30 (60')		Cross training 19h30 (60')
													Sprint 18h30 (45')	RPM 19h30 (45')		
<b>Jeudi</b> 🕒 OUVERTURE : 07h00 🚪 FERMETURE : 22h00		A.F. 09h15 (30')	Bodysculpt 09h45 (45')	Pilates 10h30 (60')			Bodycombat 12h30 (60')		Yoga anti-stress 15h00 (60')		Grit Force 17h00 (30')	Bodybalance 17h30 (60')	Bodycombat 18h30 (60')	Bodypump 19h30 (60')	Grit cardio 20h30 (45')	
			RPM 09h15 (45')		Well Circuit 10h30 (45')	Total Recup 11h30 (45')	TRX 12h30 (45')						Cross training 18h30 (60')	Cross training 19h30 (60')	Total Recup 20h30 (45')	
													RPM 18h30 (45')	Sprint 19h30 (45')		
<b>Vendredi</b> 🕒 OUVERTURE : 07h00 🚪 FERMETURE : 22h00		Yoga Energie 08h45 (60')	CX Worx 09h45 (30')	Bodypump 10h15 (60')			Bodybalance 12h30 (60')		Bodysculpt 15h00 (60')			Bodypump 17h30 (60')	Step 18h30 (60')	L.I.A. 19h30 (60')	Stretching 20h30 (45')	
					Well Circuit 11h15 (45')			RPM 12h30 (45')				TRX 17h30 (45')	Cross training 18h30 (60')	RPM 18h30 (45')	RPM 19h30 (45')	
<b>Samedi</b> 🕒 OUVERTURE : 09h00 🚪 FERMETURE : 20h00		Pilates 09h00 (60')	Bodypump 10h00 (60')	Grit 11h00 (45')	Boxing 11h45 (60')					Bodysculpt 15h45 (45')	Stretching 16h30 (45')					
			Sprint 10h00 (45')	RPM 11h00 (45')						RPM 15h00 (45')						
<b>Dimanche</b> 🕒 OUVERTURE : 09h00 🚪 FERMETURE : 15h00			Bodybalance 10h00 (60')	Bodypump 11h00 (60')	CX Worx 12h00 (30')											
			RPM 10h00 (45')	Sprint 11h00 (45')												

Salle de cours
Plateau
RPM