

Planning des cours collectifs

		MATIN					MIDI		APRÈS-MIDI				SOIR						
		7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h		
Lundi 07h-22h		Pilates 07h15 (45')			Bodysculpt 09h30 (45')	Stretching 10h30 (45')	Pilates 11h30 (45')	Bodypump 12h30 (45') Yoga Énergie* 12h30 (60')					Boxing* 17h30 (45') Bodybalance* 17h30 (45')	LM Dance 18h30 (45')	Bodypump 19h30 (45') Yoga anti-stress* 19h45 (60')	Pole Dance* 20h30 (75')			
					Aquagym 09h30 (45')	RPM* 10h30 (45') Aquawork* 10h30 (45')		RPM* 12h30 (45') Aquabiking* 12h30 (45')					Aquadynamic 17h30 (45')	Cross Training* 18h30 (45') Sprint* 18h30 (30') Aquabiking* 18h30 (45')	Hyrox* 19h30 (45') RPM* 19h30 (45') Aquaboxing* 19h30 (45')				
Mardi 07h-22h		Sprint* 07h15 (30')			Bodybalance 09h30 (45')	Bodysculpt 10h30 (45')	Yoga anti-stress* 11h15 (60')	LM Dance 12h30 (45') Hyrox* 12h30 (45') RPM* 12h30 (45') Aquadynamic* 12h30 (45')		Pilates 15h00 (45')			Bodypump 17h30 (45') Hyrox* 17h30 (45')	Bodyattack 18h30 (45') Cross Training* 18h30 (45') RPM* 18h30 (45') Aquagym 18h30 (45')	Boxing* 19h30 (45') LM yoga Breath* 19h30 (45')				
					Aquagym 09h30 (45')	Aquabiking* 10h30 (45')							Aquabiking* 17h30 (45')		RPM* 19h30 (45') Aquadynamic 19h30 (45')				
Mercredi 07h-22h				Cross Training* 8h30 (45')	Bodypump 09h30 (45') Pilates* 09h30 (45')	Bodybalance 10h30 (45')		LM Core 12h30 (45') Cross Training* 12h30 (45') Sprint* 12h30 (30') Aquaboxing* 12h30 (45')		Bodybalance 15h00 (45')			LM Core 17h30 (45') RPM* 17h30 (45') Aquaboxing* 17h30 (45')	Bodypump 18h30 (45') Pilates* 18h30 (45') Hyrox* 18h30 (45')	Bodyjam 19h30 (45') Cross Training* 19h30 (45') RPM* 19h30 (45') Aquabiking* 19h30 (45')	Bodybalance 20h30 (45')			
					Aquabiking* 09h30 (45')	Aquagym 10h30 (45')													
Jeudi 07h-22h					LM Dance 09h30 (45')	Yoga anti-stress 10h30 (60')	LM Core 11h30 (45')	Bodycombat 12h30 (45') Pilates* 12h30 (45')					Pilates 17h30 (45') Sprint* 17h30 (30') Aquagym 17h30 (45')	Bodycombat 18h30 (45') Yoga Énergie* 18h45 (60')	Bodypump 19h30 (45') Cross Training* 18h30 (45') Hyrox* 19h30 (45')	LM Core 20h30 (45')			
					Aquagym 09h30 (45')	Aquadynamic 10h30 (45')		RPM* 12h30 (45') Aquawork* 12h30 (45')											
Vendredi 07h-22h		LM yoga breath 07h15 (45')			Yoga anti-stress 09h30 (60')	Bodysculpt 10h30 (45')	Stretching 11h30 (45')	Boxing* 12h30 (45') Bodybalance* 12h30 (45')		Stretching 15h00 (45')	Pole Dance* 16h00 (75')		Bodyattack 17h30 (45') Yoga anti-stress* 17h30 (60')	Bodysculpt 18h30 (45')	Step 19h30 (45')				
					RPM* 09h30 (45') Aquaboxing* 09h30 (45')	Aquagym 10h30 (45')		RPM* 12h30 (45') Aquabiking* 12h30 (45')					Aquabiking* 17h30 (45')	RPM* 18h30 (45') Aquadynamic 18h30 (45')	Hyrox* 19h30 (45') Aquawork* 19h30 (45')				
Samedi 08h-20h					Pilates 09h30 (45')	Bodypump 10h30 (45')	Stretching 11h30 (45') Hyrox* 11h30 (45')												
					Sprint* 09h30 (30') Aquawork* 09h30 (45')	RPM* 10h30 (45') Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')												
Dimanche 08h-17h					C.A.F. 09h30 (45')	Boxing* 10h30 (45') Cross training* 10h30 (45')	Bodybalance 11h30 (60')												
					RPM* 09h30 (45') Aquabiking* 09h30 (45')	Aquagym 10h30 (45')	Aquadynamic 11h30 (45')												
															* Cours sur réservation				
				Salle de cours		Studio		Zone Fonctionnelle		Studio Bike		Piscine							
WellNess Sport Club - Nantes Congrès																			