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

- Yoga 07h15 (45')
- Bodysculpt 09h15 (45')
- Wellcircuit* 09h15 (60')
- RPM* 09h15 (45')
- Aquawork 09h15 (45')
- Pilates 10h15 (45')
- LesMills Core* 10h15 (45')
- Aquadynamic 10h15 (45')
- Stretching 11h15 (45')
- Aquabiking* 11h15 (45')
- Bodypump 12h30 (60')
- TRX* 12h30 (45')
- Aquadynamic 12h30 (45')
- Pilates 14h30 (60')
- Tai Chi 16h00 (45')
- Bodysculpt 17h00 (45')
- Pilates Ball* 17h00 (45')
- Step* 17h45 (45')
- Grit Force* 17h45 (45')
- Cross Training* 18h00 (45')
- Aquabiking* 17h30 (45')
- Boxing* 18h30 (45')
- Bodybalance* 18h30 (45')
- RPM* 18h30 (45')
- Aquadynamic 18h30 (45')
- Pilates 19h15 (45')
- LesMills Core* 19h15 (45')
- TRX* 19h00 (45')
- RPM* 19h30 (45')
- Aquabiking* 19h30 (45')
- Zumba 20h15 (45')
- Yoga anti-stress* 20h15 (60')
- Cross Training* 20h00 (60')

Mardi
07h-22h

- TRX* 07h15 (45')
- Pilates 08h30 (45')
- Bodypump 09h15 (60')
- Gym Soft* 09h15 (45')
- Aquadynamic 09h15 (45')
- Bodybalance 10h30 (45')
- Step* 10h30 (45')
- RPM* 10h15 (45')
- Aquabiking* 10h15 (45')
- Yoga Énergie 11h30 (45')
- Bodysculpt* 11h30 (45')
- Aquatonus 11h15 (45')
- Boxing* 12h30 (60')
- Pilates* 12h30 (60')
- Cross Training* 12h30 (60')
- RPM* 12h30 (45')
- Aquabiking* 12h30 (45')
- Bodysculpt 14h30 (45')
- Pilates 16h00 (60')
- Yoga Énergie* 16h45 (45')
- Self-Defense* 17h30 (45')
- Aquadynamic 17h30 (45')
- Grit Cardio* 17h45 (45')
- Bodypump 18h15 (45')
- Cross Training* 18h30 (45')
- RPM* 18h30 (45')
- Aquabiking* 18h30 (45')
- LesMills Core* 18h45 (45')
- Bodyattack 19h15 (45')
- Pilates Ball* 19h30 (45')
- TRX* 19h30 (45')
- Sprint* 19h30 (30')
- Aquatonus 19h30 (45')
- Boxing* 20h15 (60')
- Bodybalance* 20h15 (60')

Mercredi
07h-22h

- Cross Training* 07h15 (60')
- C.A.F. 09h15 (45')
- Qi Gong* 09h00 (60')
- Wellcircuit* 09h15 (60')
- RPM* 09h15 (45')
- Aquabiking* 09h15 (45')
- Pilates 10h15 (45')
- Aquagym 10h15 (45')
- Stretching 11h00 (45')
- Aquabiking* 11h15 (45')
- Bodysculpt 12h30 (45')
- Yoga Énergie* 12h30 (60')
- TRX* 12h30 (45')
- Aquabiking* 12h30 (45')
- Zumba 16h15 (45')
- Bodypump 17h30 (45')
- Pilates* 17h30 (45')
- Aquatonus 17h30 (45')
- C.A.F. 18h30 (45')
- Yoga anti-stress* 18h30 (45')
- TRX* 18h30 (45')
- RPM* 18h30 (45')
- Aquabiking* 18h30 (45')
- Bodycombat 19h15 (45')
- LesMills Core* 19h30 (45')
- Cross Training* 19h30 (60')
- RPM* 19h30 (45')
- Aquabiking* 19h30 (45')
- Pole Dance* 20h15 (90')
- Stretching* 20h15 (45')

Jeudi
07h-22h

- Yoga Énergie 09h00 (60')
- Bodysculpt* 09h15 (45')
- Aquatonus 09h15 (45')
- C.A.F. 10h15 (45')
- Stretching* 10h15 (45')
- RPM* 10h15 (45')
- Aquabiking* 10h15 (45')
- Pilates Ball* 11h15 (45')
- Zumba* 11h15 (45')
- Aquawork 11h15 (45')
- Bodypump 12h30 (60')
- Bodybalance* 12h30 (60')
- Cross Training* 12h30 (60')
- RPM* 12h30 (45')
- Aquagym 12h30 (45')
- Stretching 14h30 (45')
- Bodysculpt 16h30 (45')
- Yoga Énergie* 16h45 (60')
- Pilates 17h15 (45')
- Sprint* 17h45 (30')
- Aquawork 17h30 (45')
- Bodycombat 18h00 (45')
- Grit Cardio* 18h15 (45')
- Cross Training* 18h00 (45')
- Aquabiking* 18h30 (45')
- Bodypump 19h00 (45')
- Bodybalance* 19h00 (45')
- TRX* 19h00 (45')
- RPM* 19h30 (45')
- Aquadynamic 19h30 (45')
- Bodyjam 20h00 (60')
- Yoga anti-stress* 20h00 (60')
- Cross Training* 20h00 (60')

Vendredi
07h-22h

- Pilates 09h15 (45')
- Wellcircuit* 09h15 (60')
- RPM* 09h15 (45')
- Aquabiking* 09h15 (45')
- Stretching 10h15 (45')
- Aquagym 10h15 (45')
- Qi Gong 11h30 (45')
- Aquabiking* 11h15 (45')
- C.A.F. 12h30 (45')
- Yoga Énergie* 12h30 (60')
- TRX* 12h30 (45')
- Aquadynamic 12h30 (45')
- Pilates 16h30 (45')
- Bodysculpt 17h45 (45')
- Grit Force* 17h30 (45')
- TRX* 17h30 (45')
- Aquatonus 17h30 (45')
- Pilates Ball* 18h15 (45')
- Step 18h30 (45')
- Cross Training* 18h30 (60')
- RPM* 18h30 (45')
- Aquabiking* 18h30 (45')
- C.A.F.* 19h00 (45')
- Boxing* 19h15 (45')
- Stretching* 19h45 (45')
- Sprint* 19h30 (30')
- Aquabiking* 19h30 (45')
- Zumba 20h00 (60')

Samedi
08h-20h

- Pilates 08h30 (45')
- Bodysculpt 09h15 (45')
- Aquagym 09h15 (45')
- Bodyattack 10h00 (45')
- Cross Training* 10h15 (45')
- Aquadynamic 10h15 (45')
- Bodypump 11h00 (45')
- RPM* 11h15 (45')
- Aquabiking* 11h15 (45')
- Bodybalance 12h00 (60')
- Aquabiking* 12h15 (45')
- Cross Training* 15h00 (45')
- C.A.F. 16h00 (45')
- Stretching 16h45 (45')

Dimanche
08h-17h

- Bodypump 09h15 (45')
- Aquabiking* 09h15 (45')
- Bodybalance 10h15 (45')
- RPM* 10h15 (45')
- Aquabiking* 10h15 (45')
- Bodysculpt* 11h15 (45')
- TRX* 11h15 (45')
- Aquadynamic 11h15 (45')
- Aquagym 12h15 (45')

* Cours sur réservation

Salle de cours | Studio Zen | Zone Fonctionnelle | Studio Bike | Piscine

WellNess Sport Club - Tassin-la-Demi-Lune