

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			Bodysculpt 08h15 (45')	Pilates 09h15 (45')	Zumba 10h00 (45')	Stretching 10h45 (45')	C.A.F. 11h30 (45')		Bodyattack 12h30 (45')		Yoga 14h30 (45')	Bodypump 15h30 (45')		Bodycombat 17h15 (45')	C.A.F. 18h00 (45')	Step 18h45 (45')	Bodypump 19h30 (45')	Boxing* 20h30 (45')	
				Gym Soft* 09h30 (45')		Bodybalance* 10h30 (45')			Stretching* 12h30 (45')					Pilates* 17h15 (45')	Yoga* 18h00 (45')		Bodysculpt* 19h00 (45')	Stretching* 19h45 (45')	LesMills Core* 20h30 (45')
									Cross Training* 12h30 (45')			Strength Dev.* 16h15 (45')		Grit* 18h00 (30')		Hyrox* 18h45 (45')	Cross Training* 19h30 (45')		
					RPM* 10h45 (45')				RPM* 12h30 (45')					RPM* 17h15 (45')	RPM* 18h15 (45')		Sprint* 19h15 (30')		RPM* 20h15 (45')
Mardi 07h-22h				Aquadynamic 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')								Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')		
				Bodybalance 09h15 (45')	Bodypump 10h15 (45')	Pilates 11h15 (45')			Pilates 14h30 (45')					C.A.F. 17h15 (45')	Bodybalance 18h00 (45')	LesMills Core 18h45 (45')	Bodyattack 19h30 (45')	Zumba 20h30 (45')	
				Gym Soft* 09h15 (45')	Stretching* 10h15 (45')				Yoga anti-stress* 12h30 (45')			Cross Training* 15h30 (45')		Stretching* 17h15 (45')	Pilates* 18h15 (45')	C.A.F.* 19h00 (45')	Pilates* 19h45 (45')	Total Récup* 20h30 (45')	
									Cross Training* 12h30 (45')					Wellrun* 18h00 (60')	Cross Training* 18h15 (45')	Strength Dev.* 19h15 (45')	Hyrox* 20h15 (45')		
Mercredi 07h-22h																			
				Zumba 09h15 (45')	C.A.F. 10h15 (45')	Stretching 11h00 (45')						Stretching 15h15 (45')	Pole Dance* 16h00 (90')		Bodypump 17h30 (45')	Bodyjam 18h30 (45')	Bodycombat 19h30 (45')	Bodybalance 20h30 (45')	
					Qi Gong* 10h30 (45')	Gym Soft* 11h30 (45')								Yoga anti-stress* 17h30 (45')	C.A.F.* 18h30 (45')	Pilates* 19h30 (45')	Bodysculpt* 20h30 (45')		
									Grit* 12h30 (30')					Hyrox* 17h30 (45')	Grit* 18h30 (30')	Cross Training* 19h30 (45')			
Jeudi 07h-22h																			
Vendredi 07h-22h				C.A.F. 09h15 (45')	Pilates 10h00 (45')	Yoga 10h45 (45')						Bodybalance 15h45 (45')	LesMills Core 16h30 (45')		Bodyattack 17h30 (45')	C.A.F.* 17h30 (45')	Strength Dev.* 17h30 (45')	RPM* 17h30 (45')	
Samedi 08h-20h																			
Dimanche 08h-17h																			

* Cours sur réservation

Salle de cours

Studio

Zone Fonctionnelle

Extérieur

Studio Bike

Piscine

WellNess Sport Club - Vendôme