

WELLNESS SPORT CLUB LYON GAMBETTA

PLANNING D'ÉTÉ DU 30 JUILLET AU 19 AOÛT 2018

Le club sera fermé les dimanches 5, 12 et 19 août
 Fermeture exceptionnelle du club le mercredi 15 août

	MATIN					MIDI	APRÈS-MIDI					SOIR				
	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h	
Lundi 08H00 - 22H00			Bodypump 09h15 (60')	Bodybalance 10h15 (60')	Pilates Ball 11h15 (45')	A.F. 12h00 (30')	Bodypump 12h30 (60')				Bodypump 17h00 (60')	Zumba 18h00 (45')	Bodycombat 18h45 (60')	Bodybalance 19h45 (45')	Bodyjam 20h30 (60')	
				RPM* 10h15 (45')			RPM* 12h30 (45')					RPM* 18h00 (45')	RPM* 19h00 (45')			
			Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')		Aquabiking* 12h30 (45')				Aquagym 16h30 (45')	Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')		
Mardi 08H00 - 22H00	Tai Chi 08h00 (60')	Pilates 09h00 (45')	Bodysculpt 09h45 (45')	Zumba 10h30 (45')	Stretching 11h15 (45')		Bodycombat 12h30 (60')				Bodybalance 16h30 (60')	Bodyjam 17h30 (60')	Bodypump 18h30 (60')	Step 19h30 (45')	LLA 20h15 (45')	
												RPM* 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')		
			Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')		Aquadynamic 12h30 (45')				Aquabiking* 16h30 (45')	Aquadynamic 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')		
Mercredi 08H00 - 22H00			Bodybalance 09h00 (60')	C.A.F. 10h00 (45')	Stretching 10h45 (45')		Yoga 12h30 (60')				Bodyattack 17h00 (60')	A.F. 18h00 (45')	Boxing* 18h30 (60')	Bodypump 19h30 (60')		
							RPM* 12h30 (45')						RPM* 18h30 (45')	Sprint* 19h30 (45')		
			Aquagym 09h30 (45')	Aquagym 10h30 (45')	Aquabiking* 11h30 (45')		Aquabiking* 12h30 (45')						Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquagym 19h30 (45')	
Jeudi 08H00 - 22H00			Bodysculpt 09h30 (45')	Yoga 10h15 (60')	Bodypump 11h15 (60')		Bodysculpt 12h30 (45')					Bodypump 17h30 (60')	Bodyattack 18h30 (60')	Bodycombat 19h30 (60')	Grit 20h30 (30')	
				RPM* 10h15 (45')									RPM* 18h30 (45')	RPM* 19h30 (45')		
			Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')		Aquagym 12h30 (45')						Aquabiking* 17h30 (45')	Aquagym 18h30 (45')	Aquabiking* 19h30 (45')	
Vendredi 08H00 - 22H00			Bodypump 09h00 (60')	Pilates 10h00 (60')	Bodybalance 11h00 (60')	A.F. 12h00 (30')	Bodybalance 12h30 (60')					Bodypump 17h30 (60')	Bodyjam 18h30 (60')	Bodybalance 19h30 (60')		
													RPM* 18h30 (45')			
			Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')		Aquabiking* 12h30 (45')						Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquagym 19h30 (45')	
Samedi 08H00 - 17H00		Abdos 09h00 (30')	Bodypump 09h30 (60')		Bodysculpt 10h45 (60')	Bodybalance 11h45 (60')										
					RPM* 10h45 (45')											
			Aquagym 09h15 (45')		Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')										

* Cours sur réservation

Salle de cours	RPM	Piscine
----------------	-----	---------