

Planning temporaire

Pendant la phase de transformation du club

À partir
du 08/09

		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')			C.A.F. 09h30 (45')	LM Core 10h30 (45')		Bodypump 12h30 (45')			Bodysculpt 15h00 (45')	Stretching 16h00 (60')		Bodybalance 17h30 (45')	LM Dance 18h30 (45')	Bodypump 19h30 (45')	Pole Dance* 20h30 (75')											
					RPM* 09h30 (45')	Stretching* 10h30 (60')		Yoga Energie* 12h30 (60')			Grit Force* 17h30 (45')	Cross Training* 18h30 (45')		Grit Cardio* 19h30 (45')														
						Aquagym 09h30 (45')		RPM* 12h30 (45')			Aquadynamic 17h30 (45')	RPM* 18h30 (45')		RPM* 19h30 (45')														
						Aquaslim 10h30 (45')		Aquabiking* 12h30 (45')						Aquaboxing* 19h30 (45')														
Mardi 07h-22h		RPM* 07h15 (45')			LM Core 09h30 (45')	Bodysculpt 10h30 (60')		Bodyjam 12h30 (45')			Pilates 15h00 (45')		Bodypump 17h30 (45')	Bodyattack 18h30 (45')	Bodybalance 19h30 (60')													
					Bodybalance* 09h30 (45')	Yoga anti-stress* 10h30 (60')		Stretching* 12h30 (45')			Pilates* 17h30 (45')		Cross Training* 18h30 (60')	Bodysculpt* 19h30 (60')														
					Aquaslim 09h30 (45')	Aquabiking* 10h30 (45')		RPM* 12h30 (45')			Aquabiking* 17h30 (45')		RPM* 18h30 (45')	RPM* 19h30 (45')														
								Aquadynamic 12h30 (45')						Aquadynamic 19h30 (45')														
Mercredi 07h-22h		Cross Training* 07h15 (45')			Bodypump 09h30 (45')	Bodybalance 10h30 (60')		LM Core 12h30 (45')			Bodybalance 15h00 (60')		LM Core 17h30 (45')	Bodypump 18h30 (45')	Bodyjam 19h30 (45')	Bodybalance 20h30 (60')												
					Pilates* 09h30 (45')	RPM* 10h30 (45')		Cross Training* 12h30 (45')			RPM* 17h30 (45')		Aquaslim 17h30 (45')	Aquaboxing* 18h30 (45')	Aquabiking* 19h30 (45')													
					Aquabiking* 09h30 (45')			Sprint* 12h30 (45')																				
								Aquagym 10h30 (45')																				
Jeudi 07h-22h					Stretching 09h30 (45')	LM Core 10h30 (45')		Bodycombat 12h30 (45')					Bodybalance 17h30 (45')	Bodypump 18h30 (45')	Bodycombat 19h30 (45')	LM Core 20h30 (45')												
					Cross Training* 09h30 (45')	Yoga anti-stress* 10h30 (60')		Stretching* 12h30 (45')					RPM* 17h30 (45')	Yoga Energie* 18h30 (45')	Pilates* 19h30 (45')													
					Aquagym 09h30 (45')	Aquadynamic 10h30 (45')		Aquaslim 12h30 (45')																				
Vendredi 07h-22h		Grit Cardio 07h15 (45')			Bodysculpt 09h30 (45')	Stretching 10h30 (60')		Bodypump 12h30 (45')					Bodypump 17h30 (45')	C.A.F. 18h30 (45')	Bodyattack 19h30 (60')													
					Yoga anti-stress* 09h30 (60')	RPM* 10h30 (45')		Bodybalance* 12h30 (45')					Cross Training* 17h30 (60')	RPM* 18h30 (45')	Stretching* 19h30 (60')													
					Aquaboxing* 09h30 (45')			RPM* 12h30 (45')					Aquabiking* 17h30 (45')															
								Aquagym 10h30 (45')																				
Samedi 09h-13h30					Bodypump 09h30 (60')	RPM* 10h30 (45')		Stretching 11h30 (60')																				
					Aquaslim 09h30 (45')			Aquabiking* 11h30 (45')																				
Dimanche 09h-13h30					C.A.F. 10h30 (45')	Bodybalance 11h30 (60')																						
					RPM* 09h30 (45')																							
					Aquabiking* 09h30 (45')	Aquagym 10h30 (45')		Aquadynamic 11h30 (45')																				

* Cours sur réservation

Salle de cours

Studio

Studio Bike

Piscine

WellNess Sport Club - Nantes Congrès