

# 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                            |  |  |
| <b>Lundi</b><br>07h-22h    |  |       |    |    | Pilates<br>09h15 (45') | Stretching<br>10h15 (60') |      | Bodypump<br>12h30 (60') |     | Bodysculpt<br>15h00 (60') |     |     | LesMills Core<br>17h30 (45') | Bodypump<br>18h30 (45') | Bodyattack<br>19h30 (45') | Bodybalance<br>20h30 (60')     |                                |  |  |
|                            |  |       |    |    |                        | RPM*<br>10h15 (45')       |      | RPM*<br>12h30 (45')     |     |                           |     |     |                              | Sprint*<br>18h30 (45')  | RPM*<br>19h30 (45')       | Cross Training*<br>19h30 (45') | Cross Training*<br>20h30 (60') |  |  |
| <b>Mardi</b><br>07h-22h    |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
|                            |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
| <b>Mercredi</b><br>07h-22h |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
|                            |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
| <b>Jeudi</b><br>07h-22h    |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
|                            |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
| <b>Vendredi</b><br>07h-22h |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
|                            |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
| <b>Samedi</b><br>08h-20h   |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
|                            |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
| <b>Dimanche</b><br>08h-17h |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |
|                            |  |       |    |    |                        |                           |      |                         |     |                           |     |     |                              |                         |                           |                                |                                |  |  |

\* Cours sur réservation

Salle de cours

Zone fonctionnelle

Studio Bike

Piscine

WellNESS Sport Club - Paris République (septembre 2025)