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')
- Gym Soft* 09h30 (45')
- Zumba 10h00 (45')
- Gym Soft* 10h30 (45')
- Stretching 10h45 (45')
- RPM* 10h45 (45')
- C.A.F. 11h30 (45')
- Aquadynamic 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquabiking* 11h15 (45')
- Bodyattack 12h30 (60')
- Stretching* 12h30 (45')
- Cross Training* 12h30 (60')
- RPM* 12h30 (45')
- Aquabiking* 12h30 (45')
- Yoga 14h30 (45')
- Bodypump 15h30 (60')
- Gym Soft* 15h15 (45')
- Strength Development* 16H15 (60')
- Bodycombat 17h15 (45')
- Pilates* 17h15 (45')
- RPM* 17h15 (45')
- Aquagym 17h30 (45')
- C.A.F. 18h00 (45')
- Yoga* 18h00 (45')
- RPM* 18h15 (45')
- Aquabiking* 18h30 (45')
- Grit* 18h30 (45')
- Step 18h45 (45')
- Bodysculpt* 19h00 (45')
- Sprint* 19h15 (45')
- Bodypump 19h30 (45')
- Stretching* 19h45 (45')
- Cross Training* 19h30 (60')
- Aquabiking* 19h30 (45')
- Boxing* 20h30 (60')
- LesMills Core* 20h30 (45')
- RPM* 20h15 (45')
- Aquabiking* 20h30 (45')

Mardi
07h-22h

- Bodybalance 09h15 (45')
- Gym Soft* 09h15 (45')
- Bodypump 10h15 (45')
- Stretching* 10h15 (45')
- Pilates 11h15 (45')
- C.A.F 12h30 (45')
- Cross Training* 12h30 (60')
- Sprint* 12h30 (45')
- Aquatonus 12h30 (45')
- Pilates 14h30 (60')
- Cross Training* 15h30 (60')
- C.A.F. 17h15 (45')
- Stretching* 17h15 (45')
- RPM* 17h15 (45')
- Bodybalance 18h00 (45')
- Pilates* 18h15 (45')
- Cross Training* 18h15 (45')
- Wellrun* 18h00 (60')
- Sprint* 18h15 (45')
- LesMills Core 18h45 (45')
- Pilates* 19h00 (45')
- Strength Development* 19h15 (60')
- RPM* 19h15 (45')
- Bodyattack 19h30 (45')
- C.A.F.* 19h45 (45')
- Aquabiking* 19h30 (45')
- Zumba 20h30 (60')
- Total Récup* 20h30 (45')
- Aquabiking* 20h30 (45')
- Aquabiking* 08h15 (45')
- Aquabiking* 09h15 (45')
- Aquagym 10h15 (45')
- Aquabiking* 16h30 (45')
- Aquabiking* 17h30 (45')
- Aquabiking* 18h30 (45')
- Aquatonus 19h30 (45')

Mercredi
07h-22h

- Step 09h15 (45')
- Qi Gong* 10h30 (45')
- C.A.F. 10h15 (45')
- RPM* 10h15 (45')
- Aquatonus 09h15 (45')
- Aquabiking* 10h15 (45')
- Stretching 11h00 (45')
- Gym Soft* 11h30 (45')
- Aquabiking* 11h15 (45')
- Zumba 12h30 (60')
- Pilates* 12h30 (45')
- Grit* 12h30 (45')
- RPM* 12h30 (45')
- Aquabiking* 12h30 (45')
- Bodysculpt 14h30 (45')
- Stretching 15h15 (45')
- Pole Dance* 16h00 (90')
- Aquagym 16h30 (45')
- Bodypump 17h30 (45')
- Yoga Anti-stress* 17h30 (45')
- Cross Training* 17h30 (45')
- Aquadynamic 17h30 (45')
- Bodyjam 18h30 (45')
- C.A.F.* 18h30 (45')
- Grit* 18h30 (45')
- RPM* 18h15 (45')
- Aquabiking* 18h30 (45')
- Bodycombat 19h30 (45')
- Stretching* 19h30 (45')
- Cross Training* 19h30 (60')
- Aquabiking* 19h30 (45')
- Bodybalance 20h30 (60')
- Bodysculpt* 20h30 (45')
- RPM* 20h15 (45')

Jeudi
07h-22h

- C.A.F. 09h15 (45')
- Cross Training* 09h30 (60')
- Aquagym 08h15 (45')
- Aquatonus 09h15 (45')
- Pilates 10h00 (45')
- Aquabiking* 10h15 (45')
- Yoga 10h45 (60')
- Gym Soft* 10h45 (45')
- Aquabiking* 11h15 (45')
- Total Recup* 11h30 (45')
- Bodybalance 12h30 (60')
- Bodysculpt* 12h30 (45')
- RPM* 12h30 (45')
- Aquabiking* 12h30 (45')
- Bodybalance 15h45 (45')
- LesMills Core 16h30 (45')
- Pilates 17h30 (45')
- C.A.F.* 17h30 (45')
- Strength Development* 17h30 (45')
- RPM* 17h30 (45')
- Aquabiking* 17h30 (45')
- Bodypump 18h30 (45')
- Total Recup* 18h30 (45')
- Cross Training* 18h30 (45')
- Sprint* 18h30 (45')
- Aquabiking* 18h30 (45')
- Boxing* 19h30 (45')
- Yoga* 19h15 (45')
- Grit* 19h30 (45')
- RPM* 19h30 (45')
- Aquadynamic 19h30 (45')
- Pole Dance* 20h30 (75')
- C.A.F.* 20h15 (45')

Vendredi
07h-22h

- Bodysculpt 09h15 (45')
- Aquabiking* 09h15 (45')
- Step 10h00 (45')
- Aquabiking* 10h15 (45')
- Pilates 10h45 (45')
- Aquagym 11h15 (45')
- C.A.F. 11h30 (45')
- Bodypump 12h30 (60')
- Pilates* 12h30 (45')
- Wellrun* 12h30 (60')
- RPM* 12h30 (45')
- Aquadynamic 12h30 (45')
- Bodycombat 16h30 (45')
- Aquabiking* 16h30 (45')
- Bodypump 17h15 (45')
- Total Recup* 17h15 (45')
- Cross Training* 17h15 (60')
- Aquabiking* 17h30 (45')
- Bodyjam 18h15 (45')
- C.A.F.* 18h15 (45')
- RPM* 18h15 (45')
- Aquagym 18h30 (45')
- Bodybalance 19h15 (45')
- Pilates* 19h15 (45')
- Strength Development* 18h30 (60')
- Boxing* 20h00 (60')

Samedi
08h-20h

- Pilates 09h15 (45')
- Aquatonus 09h15 (45')
- Bodypump 10h15 (45')
- RPM* 10h15 (45')
- Aquabiking* 10h15 (45')
- Bodyjam 11h15 (45')
- RPM* 11h15 (45')
- Aquabiking* 11h15 (45')
- Stretching 12h15 (45')
- Cross Training* 12h15 (60')
- Aquabiking* 12h30 (45')
- Yoga 14h00 (60')
- RPM* 15h00 (45')
- C.A.F. 16h00 (45')
- Stretching 16h45 (45')

Dimanche
08h-17h

- Gym Soft 08h30 (45')
- Aquabiking* 09h15 (45')
- Bodysculpt 09h30 (45')
- RPM* 09h30 (45')
- Aquabiking* 10h15 (45')
- C.A.F. 10h30 (45')
- RPM* 10h30 (45')
- Stretching 11h15 (45')
- Aquabiking* 11h15 (45')
- Aquagym 12h30 (45')

* Cours sur réservation

Salle de cours | Studio | Zone fonctionnelle | Extérieur | Studio Bike | Piscine

WellNess Sport Club - Lyon Vendôme