

Planning d'été du lundi 27 Juillet au dimanche 23 août

		MATIN			MIDI			APRÈS-MIDI			SOIR						
		7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
Lundi 08h-22h					Bodysculpt 09h15 (45')	Bodybalance 10h15 (45')	C.A.F. 11h15 (45')	Bodypump 12h30 (60') Hyrox* 12h30 (60')		Pilates* 14h30 (45')			Bodypump 17h30 (45') Hyrox* 17h30 (45')	LesMills dance 18h30 (45') Cross Training* 18h30 (45') Sprint* 18h30 (30')	Bodyattack 19h30 (45') Cross Training* 19h30 (60') RPM* 19h30 (45') Wellrun* 19h30 (60')		
					Aquagym 09h30 (45')	Aquabiking* 10h30 (45')	Aquadynamic 11h30 (45')	Aquabiking* 12h30 (45')					Aquawork 17h15 (45')	Aquadynamic 18h15 (45')	Aquabiking* 19h15 (45')	Aquabiking* 20h15 (45')	
Mardi 08h-22h				A.F. 09h15 (30')	Zumba 09h45 (45')	Stretching 10h30 (45')		Pilates* 12h30 (60')					LesMills Core 17h30 (45')	Bodycombat 18h30 (45') RPM* 18h30 (45') Cross Training* 18h30 (45')	Bodybalance 19h30 (45') Sprint* 19h30 (30') Hyrox* 19h30 (45')	Boxing* 20h30 (60')	
					Aquabiking* 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')	Aquawork 12h30 (45')	RPM* 12h30 (45')				Aquagym 17h15 (45')	Aquabiking* 18h15 (45')	Aquadynamic 19h15 (45')		
Mercredi 08h-22h				Pilates* 09h15 (45')		Bodysculpt 11h15 (45')		LesMills Core 12h30 (45') Cross Training* 12h30 (60')					Pilates* 17h30 (45')	Step* 18h30 (45') RPM* 18h30 (45') Hyrox* 18h30 (45')	Bodypump 19h30 (45') RPM* 19h30 (45')		
					Aquagym 09h30 (45')	Aquabiking* 10h30 (45')	Aquawork 11h30 (45')	Aquabiking* 12h30 (45')					Aquadynamic 17h15 (45')	Aquawork 18h15 (45')	Aquabiking* 19h15 (45')		
Jeudi 08h-22h			Cross Training* 08h15 (45')	Bodypump 09h15 (45')	Stretching 10h15 (45')	LesMills Core 11h15 (45')		Boxing* 12h30 (60') RPM* 12h30 (45')					Bodypump 17h30 (45')	Bodyattack 18h30 (45') Sprint* 18h30 (30') Cross Training* 18h30 (45')	LesMills Dance 19h30 (45') RPM* 19h30 (45') Cross Training* 19h30 (45') Wellrun* 19h30 (60')		
					Aquabiking* 09h30 (45')	Aquabiking* 10h30 (45')	Aquadynamic 11h30 (45')	Aquawork 12h30 (45')					Aquabiking* 17h15 (45')	Aquadynamic 18h15 (45')	Aquawork 19h15 (45')		
Vendredi 08h-21h				Yoga anti-stress 09h15 (45')	C.A.F. 10h15 (45')			Bodybalance 12h30 (60')					Bodybalance 17h30 (45')	Bodypump 18h30 (45') RPM* 18h30 (45') Hyrox* 18h30 (45')	Bodycombat 19h30 (45') RPM* 19h30 (45')		
					Aquadynamic 09h30 (45')	Aquabiking* 10h30 (45')	Aquawork 11h30 (45')	Aquabiking* 12h30 (45')	Sprint* 12h30 (30')				Cross Training* 17h30 (45')				
Samedi 08h-17h				Bodybalance 09h00 (45')	Boxing* 10h00 (45')	Bodypump 11h00 (45')	Stretching 12h00 (45') Cross Training* 12h00 (60')		Pole Dance* 14h00 (90')								
					Sprint* 10h00 (30')	RPM* 11h00 (45')		Aquabiking* 12h00 (45')									
Dimanche 09h-14h			Hyrox* 09h00 (45')	Bodypump 10h00 (45')			LesMills Core 12h00 (45')										
				Aquawork 10h00 (45')		RPM* 11h00 (45') Aquadynamic 11h00 (45')	Aquabiking* 12h00 (45')										

* Cours sur réservation

Salle de cours

Plaeau

Studio Bike

Extérieur

Piscine

Votre club sera exceptionnellement fermé le **samedi 15 août**.

Piscine fermée pour entretien annuel du 10 au 16 août. Cours aquatiques annulés.

Wellness Sport Club - Aix-en-Provence