

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					Bodypump 09h30 (45')	Stretching 10h30 (45')	Pilates 11h30 (45')	C.A.F. 12h30 (45') RPM* 12h30 (45')					Bodycombat 17h30 (45') RPM* 17h30 (45') Cross Training* 17h30 (45')	Step 18h30 (45')	Bodypump 19h30 (45')		
					Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquabiking* 12h30 (45')					Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquadynamic 19h30 (45')		
Mardi 08h-22h					Pilates 09h30 (45') RPM* 09h30 (45')	Zumba 10h30 (45')	Bodybalance 11h30 (45')	Bodypump 12h30 (60')					Bodypump 17h30 (45')	Boxing* 18h30 (45')	Bodyattack 19h30 (45')		
								Hyrox* 12h30 (45') Aquabiking* 12h30 (45')					TRX* 17h30 (30') Aquabiking* 17h30 (45')	Cross Training* 18h30 (45')	TRX* 19h30 (30') Aquabiking* 19h30 (45')		
Mercredi 08h-22h					Bodypump 09h30 (45')		C.A.F. 11h30 (45')	Boxing* 12h30 (60') Sprint* 12h30 (30')					Bodyjam 17h30 (45')	LesMills Core 18h30 (45')	Step 19h30 (45')		
					Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Aquawork 12h30 (45')					Hyrox* 17h30 (45') Aquawork 17h30 (45')	TRX* 18h45 (30') Aquabiking* 18h30 (45')	Cross Training* 19h30 (45') Aquatonus 19h30 (45')		
Jeudi 08h-22h					C.A.F. 09h30 (45')	Pilates 10h30 (45') RPM* 10h30 (45')	Stretching 11h30 (45')	LesMills Dance 12h30 (45')					Bodybalance 17h30 (45')	Bodypump 18h30 (45') RPM* 18h30 (45')		Bodycombat 20h00 (45')	
					Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')	Cross Training* 12h30 (45') Aquabiking* 12h30 (45')					Cross Training* 17h30 (45') Aquabiking* 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')		
Vendredi 08h-21h					Zumba 09h30 (45')	C.A.F. 10h30 (45')	Pilates 11h30 (45')	Bodybalance 12h30 (60') RPM* 12h30 (45')					Bodypump 17h30 (45')	Bodyattack 18h30 (45') RPM* 18h30 (45')	C.A.F. 19h30 (45')		
					Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquawork 11h15 (45')	Aquabiking* 12h30 (45')					Cross Training* 17h30 (45') Aquabiking* 17h30 (45')	TRX* 18h30 (30') Aquatonus 18h30 (45')	Hyrox* 19h30 (45') Aquadynamic 19h30 (45')		
Samedi 09h-17h					Pilates 09h30 (45')	Bodypump 10h30 (45')		RPM* 11h30 (45')									
					Aquagym 09h30 (45')	Aquadynamic 10h30 (45')	Aquabiking* 11h30 (45')										
Dimanche 09h-14h					Bodypump 09h30 (60')		LesMills Core 11h30 (45')										
					Aquadynamic 09h30 (45')	RPM* 10h30 (45') Aquabiking* 10h30 (45')	Aquabiking* 11h30 (45')										

* Cours sur réservation

Salle de cours

Zone fonctionnelle

Studio Bike

Piscine

Wellness Sport Club - Clamart-Essonne

* Cours sur réservation

Salle de cours	Zone fonctionnelle	Studio Bike	Piscine
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Wellness Sport Club - Clermont-Ferrand

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

Piscine fermée pour entretien annuel du 3 au 9 août. Cours aquatiques annulés.