

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 07h-22h				Pilates 09h15 (45')	Stretching 10h15 (60')			Bodypump 12h30 (60')					LesMills Core 17h30 (45')	Bodypump 18h30 (45')	Bodyattack 19h30 (45')		
						Cross Training* 11h15 (60')								RPM* 18h30 (45')		Cross Training* 19h30 (45')	Cross Training* 20h30 (60')
				Aquadynamic 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquawork 14h00 (45')			Aquagym 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquadynamic 20h30 (45')	
Mardi 07h-22h				BodyPump 09h15 (45')				Bodybalance 12h30 (60')		Pilates 14h30 (45')	Stretching 15h15 (60')		Pilates 17h30 (45')		Bodypump 19h30 (45')		
					Cross Training* 10h15 (60')									RPM* 18h30 (45')		Hyrox* 20h30 (60')	
				Aquawork 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		Aquadynamic 12h30 (45')					Aquadynamic 17h30 (45')	Aquawork 18h30 (45')	Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')	
Mercredi 07h-22h					C.A.F. 10h15 (45')	Bodysculpt 11h15 (60')		Boxing* 12h30 (60')		Bodypump 15h00 (45')			Boxing* 17h30 (45')	LesMills Core 18h30 (45')	Bodybalance 19h30 (45')	Grit Athletic* 20h30 (30')	
				RPM* 09h15 (45')							RPM* 16h00 (45')						
				Aquabiking* 09h15 (45')	Aquadynamic 10h15 (45')	Aquawork 11h15 (45')		Aquabiking* 12h30 (45')					Aquawork 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquagym 20h30 (45')	
Jeudi 07h-22h				Bodybalance 09h15 (45')	Bodypump 10h15 (45')	C.A.F. 11h15 (45')		Bodyattack 12h30 (60')					Bodypump 17h30 (45')		Bodycombat 19h30 (45')	Pole Dance* 20h30 (75')	
														Sprint* 18h30 (45')			
				Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquabiking* 11h15 (45')		Aquawork 12h30 (45')					Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquawork 19h30 (45')	Aquadynamic 20h30 (45')	
Vendredi 07h-21h				C.A.F. 09h15 (45')	Pilates 10h15 (45')	Stretching 11h15 (60')		Zumba 12h30 (60')					Yoga Energie 17h30 (45')	Boxing* 18h30 (45')	Bodypump 19h30 (60')		
								RPM* 12h30 (45')					RPM* 17h30 (45')	RPM* 18h30 (45')			
				Aquabiking* 09h15 (45')	Aquawork 10h15 (45')	Aquadynamic 11h15 (45')		Aquabiking* 12h30 (45')					Aquagym 17h30 (45')	Aquadynamic 18h30 (45')	Aquabiking* 19h30 (45')		
Samedi 08h-20h				Bodybalance 09h00 (45')	Bodypump 10h00 (45')	Bodycombat 11h00 (45')	Grit Force* 12h00 (30')			Pole Dance* 14h30 (75')							
					RPM* 10h00 (45')												
						Cross Training* 11h00 (45')	Hyrox* 12h00 (60')										
					Aquagym 10h00 (45')	Aquabiking* 11h00 (45')	Aquabiking* 12h00 (45')										
Dimanche 09h-14h				Pilates 10h00 (45')	Bodypump 11h00 (45')	Bodyattack 12h00 (60')											
				Aquadynamic 10h00 (45')	Aquawork 11h00 (45')	Aquabiking* 12h00 (45')											
* Cours sur réservation																	

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Salle de cours	Zone fonctionnelle	Studio Bike	Piscine
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Wellness Sport Club - Paris République

Fermeture exceptionnelle **le samedi 15 août.**