

# WELLNESS SPORT CLUB VILLEURBANNE

## MATIN

## APRÈS-MIDI

## SOIR

	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00				
<b>Lundi</b> 🕒 OUVRETURE : 08h00 FERMETURE : 22h00			A.F. 08h45 (30')	Bodysculpt 09h15 (45')	Stretching 10h00 (30')	Pilates 1 10h30 (45')	A.F. 11h15 (30')		Bodypump 12h30 (60')		Pilates 1 14h30 (45')	Pole Dance* 15h15 (90')	Step 16h45 (45')	A.F. 17h30 (30')	Bodypump 18h15 (60')	Bodyattack 19h15 (60')	Bodyjam 20h15 (60')			
			RPM* 09h15 (45')	Aquagym 09h15 (45')	Aquadynamic 10h15 (45')	Aquabiking* 11h15 (45')		Sprint* 12h30 (45')	Aquabiking* 12h30 (45')		RPM* 14h00 (30')		RPM* 16h30 (45')		RPM* 18h00 (45')	Aquabiking* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h30 (45')	Aquadynamic 20h30 (45')	Total Recup* 19h30 (30')
<b>Mardi</b> 🕒 OUVRETURE : 08h00 FERMETURE : 22h00			Pilates Ball 08h30 (45')	C.A.F. 09h15 (45')	Sh'Bam 10h00 (60')	Stretching 11h00 (45')		Yoga anti-stress 12h30 (60')		Bodysculpt 15h00 (45')	Stretching 15h45 (45')	Grit cardio 16h45 (30')	Bodypump 17h30 (60')	CX Worx 18h30 (45')	Bodycombat 19h15 (60')	Bodybalance 20h15 (60')				
			Sprint* 09h15 (45')	Aquabiking* 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		RPM* 12h30 (45')	Aquagym 12h30 (45')		Aquabiking* 15h00 (45')	Aquagym 16h00 (45')		RPM* 17h30 (45')	Sprint* 18h30 (45')	RPM* 19h30 (45')				
<b>Mercredi</b> 🕒 OUVRETURE : 08h00 FERMETURE : 22h00			Bodypump 08h30 (60')	CX Worx 09h30 (30')	Stretching 10h00 (30')	Bodysculpt 10h30 (45')	Bodybalance 11h15 (60')	Boxing* 12h30 (60')	C.A.F. 14h00 (45')	Stretching 14h45 (45')	Bodypump 15h30 (60')	Bodybalance 16h30 (60')	Boxing* 17h30 (60')	Bodypump 18h30 (60')	Bodyjam 19h30 (60')	Danse tahitienne 20h30 (60')				
			RPM* 09h30 (45')	Aquagym 09h15 (45')	Aquagym 10h15 (45')	Aquabiking* 11h15 (45')		Aquabiking* 12h30 (45')		Aquagym 14h30 (45')	Aquabiking* 15h30 (45')		Sprint* 16h30 (45')	RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')				
<b>Jeudi</b> 🕒 OUVRETURE : 08h00 FERMETURE : 22h00		C.A.F. 08h15 (45')	Bodybalance 09h00 (60')	Zumba 10h00 (60')	Pilates 2 11h00 (45')	Pilates Ball 11h45 (45')	Bodybalance 12h30 (60')	Bodysculpt 14h00 (45')	Total Recup* 14h45 (30')	Yoga anti-stress 15h15 (60')	CX Worx 16h30 (30')	Grit force 17h00 (30')	Bodysculpt 17h30 (45')	Bodycombat 18h15 (45')	Bodypump 19h00 (60')	Grit cardio 20h00 (30')	Pilates 1 20h30 (45')			
			Aquagym 09h15 (45')	Aquabiking* 10h15 (45')	Aquagym 11h15 (45')		RPM* 12h30 (45')		Aquagym 14h30 (45')	Aquabiking* 15h45 (45')		Sprint* 15h45 (45')		RPM* 17h30 (45')	Aquabiking* 18h30 (45')	Aquabiking* 19h00 (45')	Aquadynamic 19h30 (45')			
<b>Vendredi</b> 🕒 OUVRETURE : 08h00 FERMETURE : 22h00		Tai Chi 08h15 (60')	Bodypump 09h15 (60')	CX Worx 10h15 (30')	Total Recup* 10h45 (30')	A.F. 11h15 (30')	Stretching* 11h45 (30')	Bodyjam 12h30 (60')	Yoga Energie 14h45 (60')	Grit Plyo 16h00 (45')	Bodypump 16h45 (60')	Zumba 17h45 (60')	Step 18h45 (45')	Boxing* 19h30 (60')	Ragga dance 20h30 (60')					
			Well Circuit* 09h30 (45')		RPM* 10h45 (45')		Sprint* 12h30 (45')		RPM* 14h00 (45')		Aquadynamic 15h00 (45')	Aquabiking* 16h00 (45')		Sprint* 18h00 (45')	RPM* 19h30 (45')					
<b>Samedi</b> 🕒 OUVRETURE : 09h00 FERMETURE : 20h00			Pilates 1 09h30 (45')	Bodypump 10h15 (60')	Bodyattack 11h15 (60')	CX Worx 12h15 (30')	Stretching 12h45 (30')	A.F. 14h00 (30')	Bodypump 14h30 (60')	Boxing* 15h30 (60')	Stretching 16h30 (30')									
			Sprint* 09h30 (45')	RPM* 10h15 (45')					Aquabiking* 14h00 (45')	RPM* 15h30 (45')										
<b>Dimanche</b> 🕒 OUVRETURE : 09h00 FERMETURE : 17h00			Bodybalance 09h30 (60')	Bodysculpt 10h30 (60')	Bodypump 11h30 (60')	C.A.F. 12h30 (45')														
			Aquabiking* 09h30 (45')	RPM* 10h30 (45')	Aquabiking* 10h30 (45')	RPM* 11h30 (45')														

Salle de cours
Plateau
RPM
Piscine

\* Cours sur réservation