

# WELLNESS SPORT CLUB LYON VENDÔME

	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00	
<b>LUNDI</b> OUVRETURE : 07H00 FERMETURE : 22H00		Bodysculpt 08h15 (45')	Pilates 1 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')	Pilates Ball 11h30 (45')	Bodyattack 12h30 (45')		Yoga 14h15 (60')	Bodypump 15h15 (60')	Danse Tahitienne 16h15 (60')	L.I.A. 2 17h15 (45')	C.A.F. 18h00 (45')	Step 1 18h45 (45')	Bodypump 19h30 (60')	Boxing* 20h30 (60')	
			Gym Soft* 09h30 (75')		Gym Soft* 10h45 (75')		Stretching* 12h30 (45')		Mémoire / équilibre* 14h00 (60')	Gym Soft* 15h15 (60')		Bodysculpt* 16h30 (45')	C.A.F.* 17h15 (45')	Stretching* 18h00 (45')	Bodypump* 18h45 (45')	Pilates 2* 19h30 (45')	Bodybalance* 20h15 (60')
			Aquadynamic 09h15 (45')		Aquabiking* 10h15 (45')		Aquabiking* 11h15 (45')					Aquagym 17h30 (45')		Aquabiking* 18h30 (45')		Aquabiking* 19h30 (45')	Aquabiking* 20h30 (45')
<b>MARDI</b> OUVRETURE : 07H00 FERMETURE : 22H00			CX Worx 09h15 (30')	Bodybalance 09h45 (60')	Pilates 1 10h45 (45')	Grit Cardio/Plyo 11h30 (45')	Boxing* 12h30 (60')		Pilates 2 14h30 (60')	Grit Cardio 15h30 (45')		Ragga Dance 16h30 (45')	Bodypump 17h15 (60')	L.I.A. 1 18h15 (45')	Bodypump 19h00 (45')	Bodyattack 19h45 (60')	Zumba 20h45 (60')
			Gym Soft* 09h15 (45')		Total Recup* 11h00 (30')	Stretching* 11h30 (45')	Bodypump* 12h30 (45')						Stretching* 17h30 (45')	Pilates 1* 18h15 (45')	CX Worx* 19h00 (45')	Bodypump* 19h45 (45')	Stretching* 20h30 (45')
			Aquabiking* 08h15 (45')		Aquabiking* 09h15 (45')		Aquabiking* 10h15 (45')						Aquabiking* 16h30 (45')	Aquabiking* 17h30 (45')		Aquabiking* 19h30 (45')	Aquagym 20h30 (45')
<b>MERCREDI</b> OUVRETURE : 07H00 FERMETURE : 22H00			Pilates Ball 09h15 (45')	C.A.F. 10h00 (45')	Stretching 10h45 (45')	Gym Soft 11h30 (45')	Zumba 12h30 (45')		C.A.F. 14h30 (45')	Bodypump 15h30 (60')		Bodybalance 16h30 (45')	Bodyjam 17h15 (60')	Bodypump 18h15 (60')	CX Worx 19h15 (30')	Bodycombat 19h45 (60')	Yoga anti-stress 20h45 (60')
									Capoeira Kid 8-12 ans* 14h00 (75')	Capoeira Kid* 15h15 (45')		Total Recup* 16h30 (45')				Yoga Energie* 19h45 (60')	
			Aquagym 09h15 (45')		Aquabiking* 10h15 (45')		Aquabiking* 11h15 (45')					Aquagym 16h30 (45')		Aquadynamic 17h30 (45')		Aquabiking* 19h30 (45')	Aquabiking* 20h30 (30')
<b>JEUDI</b> OUVRETURE : 07H00 FERMETURE : 22H00			C.A.F. 09h15 (45')	Pilates 1 10h00 (45')	Yochiga 11h00 (60')		Bodybalance 12h30 (45')		Yoga 14h30 (60')	Grit Plyo 15h30 (45')		Bodypump 16h30 (60')	Step 2 17h30 (45')	Abdos 18h15 (15')	Boxing* 18h30 (60')	Bodypump 19h30 (60')	Pole Dance* 20h30 (75')
					Gym Soft* 10h45 (45')	Stretching* 11h30 (45')											
			Aquagym 08h15 (45')		Aquabiking* 09h15 (45')		Aquabiking* 10h15 (45')										
<b>VENDREDI</b> OUVRETURE : 07H00 FERMETURE : 22H00		Tai Chi 08h15 (45')	Bodypump 09h15 (45')	Step 1 10h00 (45')	Pilates Ball 10h45 (45')	C.A.F. 11h30 (45')	Bodypump 12h30 (45')		Bodypump 14h30 (60')	Grit Cardio 15h30 (45')		Bodycombat 16h30 (45')	Bodypump 17h15 (60')	Bodyjam 18h15 (60')	Bodybalance 19h15 (45')	Boxing* 20h00 (45')	Pole Dance* 20h45 (60')
			Aquabiking* 09h15 (45')		Aquabiking* 10h15 (45')		Aquagym 11h15 (45')										
<b>SAMEDI</b> OUVRETURE : 08H00 FERMETURE : 20H00			Pilates 1 09h15 (45')	Bodypump 10h15 (60')	Stretching 11h15 (45')	Bodypump 12h00 (60')	Boxing* 13h00 (60')		Crit Force 14h15 (45')	Bodyattack 15h00 (60')			Bodybalance 17h15 (60')	CX Worx 18h15 (30')	Stretching 18h45 (45')		
			RPM* 09h15 (45')														
			Aquabiking* 09h15 (45')		Aquabiking* 10h15 (45')		Aquabiking* 11h15 (45')										
<b>DIMANCHE</b> OUVRETURE : 08H00 FERMETURE : 17H00		Bodypump 08h30 (60')	Bodypump 09h30 (45')	C.A.F. 10h30 (45')	Stretching 11h15 (45')												
			RPM* 09h30 (45')														
			Aquabiking* 09h15 (45')		Aquabiking* 10h15 (45')		Aquabiking* 11h15 (45')										

Salle de cours
Studio
Plateau
RPM
Piscine

\* Cours sur réservation