WELLNESS SPORT CLUB LYON VENDÔME
PLANNING D'ÉTÉ DU 30 JUILLET AU 19 AOÛT 2018

Le club sera fermé les dimanches 5, 12 et 19 août
Fermeture exceptionnelle du club le mercredi 15 août

MATIN | MIDI | APRÈS-MIDI | SOIR

8h 9h 10h 11h 12h 13h 14h 15h 16h 17h 18h 19h 20h 21h 22h

Lundi
08H00 - 22H00

- Pilates 1 09h15 (45')
- C.A.F 10h00 (45')
- Stretching 10h45 (45')
- Pilates Ball 11h30 (45')
- Bodyattack 12h30 (60')
- Bodysculpt 16h30 (45')
- L.I.A 2 17h15 (45')
- C.A.F 18h00 (45')
- Step 1 18h45 (45')
- Bodypump 19h30 (60')
- Boxing* 20h30 (60')
- Stretching* 18h00 (45')
- Bodysculpt* 18h45 (45')
- Pilates 2* 19h30 (45')
- Bodybalance* 20h15 (60')
- RPM* 12h30 (45')
- RPM* 18h15 (45')
- Sprint* 19h15 (45')
- RPM* 20h15 (45')
- Aquadynamic 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquabiking* 11h15 (45')
- Aquabiking* 12h30 (45')
- Aquagym 17h30 (45')
- Aquabiking* 18h30 (45')
- Aquabiking* 19h30 (45')
- Aquabiking* 20h30 (45')

Mardi
08H00 - 22H00

- CX Worx 09h15 (30')
- Bodybalance 09h45 (60')
- Pilates 2 10h45 (45')
- Grit Cardio/Plyo 11h30 (45')
- Boxing* 12h30 (60')
- Bodypump 17h15 (60')
- L.I.A 1 18h15 (45')
- Bodysculpt 19h00 (45')
- Bodyattack 19h45 (60')
- Zumba 20h45 (60')
- Bodysculpt* 12h30 (45')
- RPM* 10h00 (45')
- Sprint* 12h30 (45')
- Sprint* 18h15 (45')
- RPM* 19h15 (45')
- Aquabiking* 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquadouce 11h15 (45')
- Aquagym 12h30 (45')
- Aquabiking* 16h30 (45')
- Aquabiking* 17h30 (45')
- Aquabiking* 18h30 (45')
- Aquabiking* 19h30 (45')

Mercredi
08H00 - 22H00

- Pilates Ball 09h15 (45')
- C.A.F 10h00 (45')
- Stretching 10h45 (45')
- Gym Soft 11h30 (45')
- Zumba 12h30 (45')
- Bodybalance 16h30 (45')
- Bodyjam 17h15 (60')
- Bodypump 18h15 (60')
- CX Worx 19h15 (30')
- Bodycombat 19h45 (60')
- Yoga Anti-stress 20h45 (60')
- Yoga Energie* 19h45 (60')
- RPM* 18h15 (45')
- Sprint* 19h15 (45')
- RPM* 20h15 (45')
- Aquagym 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquabiking* 11h15 (45')
- Aquabiking* 12h30 (45')
- Aquadynamic 17h30 (45')
- Aquabiking* 18h30 (45')
- Aquabiking* 19h30 (45')
- Aquabiking* 20h30 (30')

Jeudi
08H00 - 22H00

- C.A.F 09h15 (45')
- Pilates 1 10h00 (45')
- Gym Soft 10h45 (45')
- Stretching 11h30 (45')
- Bodybalance 12h30 (60')
- Cross Training 16h30 (60')
- Bodypump 17h30 (60')
- Boxing* 18h30 (60')
- Bodypump 19h30 (60')
- Pole Dance* 20h30 (75')
- Bodybalance* 18h00 (45')
- Stretching* 18h45 (45')
- C.A.F* 19h30 (45')
- RPM* 18h30 (45')
- Sprint* 19h30 (45')
- Aquabiking* 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquabiking* 11h15 (45')
- Aquabiking* 12h30 (45')
- Aquabiking* 17h30 (45')
- Aquabiking* 18h30 (45')
- Aquabiking* 19h30 (45')
- Aquabiking* 20h30 (45')

Vendredi
08H00 - 22H00

- Tai Chi 08h15 (45')
- Bodysculpt 09h15 (45')
- Step 1 10h00 (45')
- Pilates Ball 10h45 (45')
- C.A.F 11h30 (45')
- Bodypump 12h30 (60')
- Bodycombat 16h30 (45')
- Bodypump 17h15 (60')
- Bodyjam 18h15 (60')
- Bodybalance 19h15 (45')
- RPM* 12h30 (45')
- RPM* 17h15 (45')
- Sprint* 18h15 (45')
- Aquabiking* 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquagym 11h15 (45')
- Aquadynamic 12h30 (45')
- Aquabiking* 16h30 (45')
- Aquabiking* 17h30 (45')
- Aquabiking* 18h30 (45')

Samedi
08H00 - 17H00

- Pilates 1 09h15 (45')
- Bodypump 10h15 (60')
- Stretching 11h15 (45')
- Bodypump 12h00 (60')
- RPM* 10h30 (45')
- Aquabiking* 09h15 (45')
- Aquabiking* 10h15 (45')
- Aquabiking* 11h15 (45')
- Aquabiking* 12h30 (45')

* Cours sur réservation

Salle de cours | Studio | RPM | Piscine