

PLANNING DES COURS COLLECTIFS

	MATIN				MIDI				APRÈS-MIDI				SOIR			
	7h	8h	9h	10h	11h	12h	13h	14h	15h	16h	17h	18h	19h	20h	21h	22h
Lundi 07h-22h				Yoga Energie 09h15 (45')	Bodypump* 10h15 (45')		Boxing* 12h30 (45')									
					Mobility / Abdos* 10h30 (45')							Mobility / Abdos* 10h30 (45')	Cross Training* 18h45 (45')			
			Aquagym* 08h30 (45')	Aquabiking* 09h30 (45')	Aquapilates* 10h30 (45')	Aquaboxe* 11h30 (45')	Aquabiking* 12h30 (45')		Aquayoga* 15h00 (45')			Aquagym* 17h30 (45')	Aquabiking* 18h30 (45')	Aquacardio* 19h30 (45')		
Mardi 07h-22h		Pilates 07h30 (45')		Bodysculpt 09h15 (45')	Stretching 10h15 (45')		Pilates 12h45 (45')					Abdos 17h00 (30')	Bodypump* 17h45 (45')	Bodycombat 18h45 (45')	Bodyjam 19h45 (45')	Krav Maga* 20h45 (45')
			Mobility / Abdos* 08h30 (30')		RPM* 10h15 (45')		Cross Training* 12h30 (45')					Cross Training* 17h45 (45')	Mobility / Abdos* 18h45 (30')			
				Aquabiking* 09h30 (45')	Aquagym* 10h30 (45')	Aquapilates* 11h30 (45')	Aquabiking* 12h30 (45')					Aquabiking* 17h30 (45')	Aquacardio* 18h30 (45')	Aquabiking* 19h30 (45')		
Mercredi 07h-22h				Bodypump* 09h15 (45')	Pilates 10h15 (45')		Abdos 12h00 (30')	C.A.F. 12h45 (45')					Pole Dance* 17h45 (45')	Bodyattack 18h45 (45')	Bodybalance 19h45 (45')	Boxing* 20h45 (45')
		RPM* 07h30 (45')										Cross Training* 17h00 (45')	TRX* 18h00 (45')		Mobility / Abdos* 19h30 (30')	
				Aquaboxe* 09h30 (45')	Aquagym* 10h30 (45')	Aquabiking* 11h30 (45')	Aquapilates* 12h30 (45')		Aquabiking* 15h00 (45')			Aquacardio* 17h30 (45')	Aquabiking* 18h30 (45')	Aquaboxe* 19h30 (45')		
Jeudi 07h-22h				Pilates 09h15 (45')	Yoga Anti-stress 10h15 (45')		Bodypump* 12h30 (45')						Bodyjam 17h30 (45')	Bodybalance 18h30 (45')	LesMills Core 19h30 (30')	Cuisses Fessiers 20h15 (30')
				Cross Training* 09h30 (45')	TRX* 10h30 (45')									Cross Training* 19h00 (45')		
			Aquayoga* 08h30 (45')	Aquagym* 09h30 (45')	Aquabiking* 10h30 (45')		RPM* 12h30 (45')	Aquaboxe* 12h30 (45')				RPM* 17h30 (45')	Spinning* 18h30 (30')		Aquabiking* 19h30 (45')	
Vendredi 07h-22h				LesMills Core 09h15 (30')	Stretching 10h00 (30')	Bodypump* 10h45 (45')	Bodybalance 12h30 (45')						Bodyattack 17h30 (45')	Pilates 18h30 (45')	Bodypump* 19h30 (45')	
													Cross Training* 17h30 (45')	TRX* 18h30 (45')		
		Aquabiking* 07h30 (45')	Aquapilates* 08h30 (45')	Aquagym* 09h30 (45')	RPM* 10h15 (45')		Aquabiking* 12h30 (45')				Aquaboxe* 16h30 (45')	Aquabiking* 17h30 (45')	Aquazumba* 18h30 (45')			
Samedi 09h-20h					Bodypump* 10h15 (45')	Zumba 11h15 (45')	Boxing* 12h15 (45')		Bodypump* 15h15 (45')	Bodycombat 16h15 (45')						
				Cross Training* 09h15 (45')												
			Aquagym* 09h15 (45')	Aquabiking* 10h15 (45')	Aquaboxe* 11h15 (45')	Aquacardio* 12h15 (45')		Aquabiking* 15h15 (45')								
Dimanche 09h-17h				Bodysculpt 09h15 (45')	Stretching 10h15 (45')	C.A.F. 11h15 (45')										
				Aquabiking* 09h15 (45')	Aquaboxe* 10h15 (45')	Aquabiking* 11h15 (45')										

* Cours sur réservation

Salle de cours

Zone fonctionnelle

Studio Bike

Piscine

Sous réserve de modification ou annulation pendant les vacances scolaires

WellNess Sport Club - Lausanne