

WELLNESS SPORT CLUB GRENOBLE

MATIN

APRÈS-MIDI

SOIR

	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00		
Lundi 🕒 OUVERTURE : 08h00 🚪 FERMETURE : 22h00			Yoga 08h30 (60')	Bodysculpt 09h30 (60')	Bodybalance 10h30 (60')		Zumba 12h30 (60')		A.F. 14h30 (30')	Stretching 15h00 (30')	C.A.F. 15h30 (45')	CX Worx 17h00 (30')	Bodypump 17h30 (60')	Bodycombat 18h30 (60')	Zumba 19h30 (60')	Bodybalance 20h30 (60')		
			Aquagym 08h30 (45')	Aquagym 09h15 (45')	Aquabiking 10h15 (45')	RPM 10h30 (45')	Aquagym 12h30 (45')		Aquabiking 14h30 (45')	Aquagym 15h30 (45')		Aquagym 17h00 (45')	Sprint 17h30 (30')	RPM 18h00 (45')	Aquabiking 19h00 (45')	Aquabiking 20h00 (45')		
Mardi 🕒 OUVERTURE : 08h00 🚪 FERMETURE : 22h00			Pilates 08h30 (60')	Bodypump 09h30 (60')	CX Worx 10h30 (30')	Stretching 11h00 (30')	Bodyattack 12h30 (60')		Bodypump 14h30 (60')	Bodybalance 15h30 (60')		A.F. 17h00 (30')	Bodyattack 17h30 (60')	Bodypump 18h30 (60')	Bodyjam 19h30 (60')	CX Worx 20h30 (30')		
			RPM 08h30 (45')				Sprint 12h30 (30')		Aquagym 14h30 (45')	Aquaboxe 15h30 (45')		Aquaboxe 17h00 (45')	Sprint 17h30 (30')	RPM 18h00 (45')	Aquabiking 19h00 (45')	Aquagym 20h00 (45')		
Mercredi 🕒 OUVERTURE : 08h00 🚪 FERMETURE : 22h00			A.F. 08h30 (30')	Stretching 09h00 (30')	Zumba 09h30 (60')	Bodybalance 10h30 (60')	Bodypump 12h30 (60')		A.F. + Stretching 14h30 (45')	Pilates 15h30 (45')		CX Worx 17h00 (30')	Zumba 17h30 (60')	Bodyattack 18h30 (60')	Bodypump 19h30 (60')	Boxing 20h30 (60')		
				RPM 09h30 (45')			RPM 12h30 (45')		Aquabiking 14h30 (45')	Aquagym 15h30 (45')		Aquagym 17h00 (45')	Cross Training 17h30 (30')	RPM 18h00 (45')	Aquabiking 19h00 (45')	Aquaboxe 20h00 (45')		
Jeudi 🕒 OUVERTURE : 08h00 🚪 FERMETURE : 22h00			Bodypump 08h30 (60')	Step 09h30 (60')	A.F. 10h30 (30')	Stretching 11h00 (30')	Boxing 12h30 (60')		Bodypump 14h30 (60')	A.F. 15h30 (30')		A.F. 17h00 (30')	Boxing 17h30 (60')	Bodypump 18h30 (60')	Bodybalance 19h30 (60')	CX Worx 20h30 (30')		
				RPM 09h30 (45')			RPM 12h30 (45')		Aquaboxe 14h30 (45')	Aquagym 15h30 (45')		Aquaboxe 17h00 (45')	Cross Training 17h30 (30')	Sprint 18h00 (30')	Aquabiking 19h00 (45')	Aquagym 20h00 (45')		
Vendredi 🕒 OUVERTURE : 08h00 🚪 FERMETURE : 22h00			Pilates 08h30 (60')	Bodysculpt 09h30 (60')	A.F. 10h30 (30')	Stretching 11h00 (30')	Bodybalance 12h30 (60')		A.F. 14h30 (30')	Yoga 15h00 (60')		Bodycombat 17h00 (60')	Step 18h00 (60')	Bodypump 19h00 (60')	Pole Dance 20h00 (60')			
			Aquagym 08h30 (45')	Aquagym 09h15 (45')	Aquagym 10h00 (45')	Aquabiking 11h00 (45')	Aquabiking 12h30 (45')			Aquagym 15h30 (45')		Aquagym 17h00 (45')	Cross Training 18h00 (30')	RPM 18h00 (45')	Sprint 19h00 (30')	Aquabiking 19h00 (45')	Aquaboxe 19h00 (45')	Aquagym 20h00 (45')
Samedi 🕒 OUVERTURE : 08h00 🚪 FERMETURE : 20h00				Pilates 09h30 (60')	Bodypump 10h30 (60')	CX Worx 11h30 (30')	Stretching 12h00 (30')			Bodysculpt 15h00 (60')	Stretching 16h00 (30')							
				RPM 09h30 (45')	RPM 10h30 (45')		Cross Training 12h00 (30')		Cross Training 14h30 (30')									
			Aquagym 08h30 (45')	Aquagym 09h15 (45')	Aquabiking 10h15 (45')	Aquabiking 11h00 (45')	Aquaboxe 12h30 (45')		Aquagym 14h00 (45')	Aquabiking 15h00 (45')								
Dimanche 🕒 OUVERTURE : 08h00 🚪 FERMETURE : 17h00			Bodysculpt 08h30 (60')	Bodyattack 09h30 (60')	A.F. 10h30 (30')	Bodybalance 11h15 (60')												
			Aquagym 08h30 (45')	Aquagym 09h15 (45')	RPM 10h00 (45')	Aquabiking 11h00 (45')												

Salle de cours
Plateau
RPM
Piscine