

WELLNESS SPORT CLUB MARSEILLE

	07h00	08h00	09h00	10h00	11h00	12h00	13h00	14h00	15h00	16h00	17h00	18h00	19h00	20h00	21h00	22h00
LUNDI 🕒 OUVERTURE : 07H00 FERMETURE : 22H00		Pilates 08h15 (60')	Bodysculpt 09h15 (45')	CX Worx 10h00 (30')	Bodybalance 10h30 (60')		Bodypump 12h30 (60')		C.A.F. 14h15 (45')		Yoga Energie 16h00 (60')	Grit Force 17h00 (30')	Bodyattack 17h30 (60')	Bodypump 18h30 (60')	Zumba 19h30 (60')	Boxing* 20h30 (60')
			RPM* 09h15 (45')		Well circuit* 11h30 (45')		RPM* 12h30 (45')		RPM* 15h00 (45')				RPM* 17h30 (45')	RPM* 18h30 (45')	Sprint* 19h30 (45')	Total Recup* 20h30 (45')
MARDI 🕒 OUVERTURE : 07H00 FERMETURE : 22H00		Bodysculpt 08h30 (45')	Zumba 09h15 (45')	A.F. 10h00 (30')	Stretching 10h30 (45')		A.F. 12h30 (30')	Grit cardio plyo 13h00 (30')	Bodybalance 15h00 (60')		Boxing* 16h30 (60')	Bodypump 17h30 (60')	Bodyattack 18h30 (60')	Bodyjam 19h30 (60')	Bodybalance 20h30 (45')	
			RPM* 09h45 (45')				Sprint* 12h30 (30')					Sprint* 17h30 (45')	Cross Training* 18h30 (60')	Cross Training* 19h30 (60')	RPM* 19h30 (45')	
MERCREDI 🕒 OUVERTURE : 07H00 FERMETURE : 22H00			Bodypump 09h15 (60')	Yoga Anti-stress 10h15 (60')			Pilates 12h30 (60')		Bodysculpt 15h00 (45')			Boxing* 17h30 (60')	Sh'Bam 18h30 (60')	Bodybalance 19h30 (60')	Pole Dance* 20h30 (75')	
							RPM* 12h30 (45')						Total Recup* 18h30 (45')	Cross Training* 19h30 (60')	RPM* 19h30 (45')	
JEUDI 🕒 OUVERTURE : 07H00 FERMETURE : 22H00		A.F. 09h15 (30')	Bodysculpt 09h45 (45')	Pilates 10h30 (60')			Bodycombat 12h30 (60')		Yoga anti-stress 15h00 (60')		Grit Plyo 17h00 (30')	Bodybalance 17h30 (60')	Bodycombat 18h30 (60')	Bodypump 19h30 (60')	Grit Cardio 20h30 (30')	
			RPM** 09h15 (45')	Well circuit* 10h30 (45')	Total Recup* 11h30 (45')		Cross Training* 12h30 (60')						Cross Training* 18h30 (60')	RPM* 18h30 (45')	Sprint* 19h30 (45')	Total Recup* 20h30 (45')
VENDREDI 🕒 OUVERTURE : 07H00 FERMETURE : 22H00		Yoga Energie 08h45 (60')	CX Worx 09h45 (30')	Bodypump 10h15 (60')			Bodybalance 12h30 (60')		Bodysculpt 15h00 (60')	Pole Dance* 16h00 (90')		Bodypump 17h30 (60')	Step 18h30 (60')	L.I.A. 19h30 (60')	Stretching 20h30 (45')	
					Well circuit* 11h15 (45')		RPM* 12h30 (45')					Cross Training* 17h30 (60')	Cross training* 18h30 (60')	Sprint* 18h30 (45')	RPM* 19h30 (45')	
SAMEDI 🕒 OUVERTURE : 09H00 FERMETURE : 20H00		Pilates 09h00 (60')	Bodypump 10h00 (60')	CX Worx 11h00 (30')	Boxing* 11h30 (60')					Bodysculpt 15h45 (45')	Stretching 16h30 (45')					
			Sprint* 10h00 (45')	RPM* 11h00 (45')												
DIMANCHE 🕒 OUVERTURE : 09H00 FERMETURE : 15H00			Bodybalance 10h00 (60')	Bodypump 11h00 (60')	CX Worx 12h00 (30')											
			RPM 10h00 (45')	Sprint* 11h00 (45')												

* Cours sur réservation

Salle de cours

Plateau

RPM