

Cours collectifs FITNESS LesMills

| Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi |
|--|--|--|--|--|--|
| 9h30 60' LES MILLS BODYPUMP | 9h30 60' LES MILLS BODYBALANCE | 9h30 30' LES MILLS CORE | 9h30 45' tone | 9h30 60' LES MILLS BODYPUMP | |
| 10h45 60' Stretching | 10h30 45' LES MILLS DANCE | 10h00 45' Stretching | 10h30 60' LES MILLS BODYBALANCE | 10h45 45' Stretching | 10h20 30' LES MILLS CORE |
| 12h30 45' tone | 12h30 30' LES MILLS CORE | 12h30 45' LES MILLS BODYBALANCE | 12h30 45' LES MILLS BODYPUMP | 12h30 30' LES MILLS CORE | |
| 14h45 45' LES MILLS BODYBALANCE | 14h45 45' Stretching | | 14h45 45' LES MILLS BODYBALANCE | | HORAIRES Lundi au Jeudi 8h30 à 21h15 Vendredi 8h30 à 21h00 Samedi 9h00 à 13h00 Site Web www.garden-fitness.fr |
| 17h30 60' LES MILLS BODYPUMP | 17h30 30' LES MILLS CORE | 17h30 30' LES MILLS CORE | 17h30 45' tone | 17h30 60' LES MILLS BODYPUMP | |
| | 18h00 30' LES MILLS GRIT CARDIO | 18h00 30' LES MILLS GRIT STRENGTH | 18h20 45' LES MILLS DANCE | | |
| 18h40 60' LES MILLS BODYATTACK | 18h40 60' LES MILLS BODYPUMP | 18h40 30' LES MILLS CORE | | 18h35 45' LES MILLS BODYATTACK | |
| 19h45 60' LES MILLS BODYBALANCE | 19h45 60' LES MILLS BODYCOMBAT | 19h20 60' LES MILLS BODYATTACK | 19h10 60' LES MILLS BODYCOMBAT | 19h20 60' LES MILLS BODYBALANCE | |


Cours collectifs du STUDIO Bien-être

| Lundi | Mardi | Mercredi | Jeudi | Vendredi | |
|--------------------------------|-----------------------------------|--------------------------------|-----------------------------------|--------------------------------|--|
| 11h00 60' Pilates | 10h45 60' Pilates | | 11h00 60' Pilates | 12h20 60' Pilates | pour tous les cours collectifs inscription obligatoire en ligne |
| 18h45 60' Pilates | 18h00 45' Stretching | 18h30 60' Pilates | 19h10 45' Stretching | | |
| | 19h00 60' Pilates | | | | Contact email gardenfitnesslarochelle@gmail.com |

Cours collectifs du STUDIO BIKE

| Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi |
|---|---|--|---|---|-------------------------------------|
| 9h30 45' LES MILLS RPM | 9h30 45' LES MILLS THE TRIP | 10h15 30' LES MILLS sprint | | 9h30 45' LES MILLS RPM | 9h30 45' LES MILLS RPM |
| 12h30 45' LES MILLS THE TRIP | 12h30 45' LES MILLS RPM | Libre Service LES MILLS THE TRIP | 12h30 45' LES MILLS RPM | 12h30 45' LES MILLS THE TRIP | |
| 18h00 30' LES MILLS sprint | 17h15 45' LES MILLS THE TRIP | | 18h30 30' LES MILLS sprint | 17h45 45' LES MILLS THE TRIP | |
| 18h45 45' LES MILLS RPM | 18h45 45' LES MILLS RPM | 18h45 45' LES MILLS RPM | 19h10 45' LES MILLS RPM | | |

Cours collectifs en PISCINE

| Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi |
|------------------------------------|--|--|------------------------------------|---|---|
| 8h45 45' Aqua TONE | 8h45 45' Aqua SCULPT | 9h00 45' Aqua VELO | 8h45 45' Aqua TONE | 8h45 45' Aqua SCULPT | 9h10 45' Aqua TONE |
| 9h45 45' Aqua TONE | 9h45 45' Aqua TONE | 10h00 60' Ecole de Natation | 9h45 45' Aqua SCULPT | 9h45 45' Aqua TONE | 10h10 45' Aqua VELO |
| 10h45 45' Aqua SCULPT | 10h45 45' Aqua TONE | 11h00 60' Ecole de Natation | | 10h45 45' Aqua TONE | Retrouvez ces plannings ici  |
| 12h40 40' Aqua AERO | 12h40 40' Aqua SCULPT | 13h45 60' Ecole de Natation | 12h40 40' Aqua TONE | 12h30 45' Aqua VELO | |
| 16h00 45' Aqua TONE | 16h00 45' Aqua TONE | 14h45 60' Ecole de Natation | 16h00 45' Aqua TONE | 16h00 45' Aqua TONE | |
| 17h45 45' Aqua SCULPT | 17h00 45' Ecole de Natation | 15h45 60'+60' Ecole de Natation | 17h45 45' Aqua AERO | 18h15 45' Aqua TONE | |
| 18h30 45' Aqua TONE | 18h00 45' Aqua TONE | 18h00 45' Aqua SCULPT | 18h30 45' Aqua SCULPT | | |
| 19h30 45' Aqua VELO | 19h00 45' Aqua VELO | 18h50 45' Aqua TONE | 19h30 45' Aqua VELO | | |
| | | | | inscription obligatoire en ligne | |