

RELAXFORME – ROCHEFORT

Libérez-vous

PLANNING DES COURS COLLECTIFS À PARTIR DU 4 SEPTEMBRE

FITNESS ★

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
7h00					LES MILLS RPM 45'	
9h15	LES MILLS BODYPUMP 30'			LES MILLS CXWORX 30'		LES MILLS sprint 30'
10h	CIRCUIT CARDIO 45'	C. A. F. 45'	LES MILLS SH'BAM 45'	LES MILLS GRIT CARDIO 30'	LES MILLS BODYPUMP 55'	LES MILLS RPM 45'
11h		LES MILLS RPM 30'	STRETCHING & MOBILITE 45'	LES MILLS BODYBALANCE 55'		LES MILLS CXWORX 30'
12h30	LES MILLS CXWORX 30'	LES MILLS GRIT CARDIO 30'	LES MILLS RPM 45'	LES MILLS BODYPUMP 45'	LES MILLS BODYCOMBAT 45'	LES MILLS BODYBALANCE 30'
17h30	LES MILLS BODYPUMP 55'	STRETCHING & MOBILITE 30'	LES MILLS BODYPUMP 30'	LES MILLS BODYBALANCE 45'		
18h		LES MILLS CXWORX 30'	LES MILLS CXWORX 30'	LES MILLS sprint 30'	LES MILLS GRIT CARDIO 30'	
18h30	LES MILLS BODYCOMBAT 55'	STEP 45'	LES MILLS BODYBALANCE 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYJAM 55'	
18h35	LES MILLS RPM 45'	LES MILLS RPM 45'	LES MILLS RPM 45'		LES MILLS RPM 45'	
19h30	LES MILLS BODYBALANCE 55'	LES MILLS BODYPUMP 55'	LES MILLS BODYJAM 55'	LES MILLS BODYCOMBAT 55'	LES MILLS CXWORX 30'	
19h35			LES MILLS sprint 30'	LES MILLS RPM 45'		

SUR RESERVATION SUR RESERVATION

team training ★

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15		TRX TRAINING	TRX TRAINING	TRX TRAINING		
11h	TRX TRAINING		TRX TRAINING 10h00		CROSS TRAINING	
12h30			CROSS TRAINING		TRX TRAINING	
16h30	CROSS TRAINING					
17h30	CROSS TRAINING	CROSS TRAINING			CROSS TRAINING	
18h00	TRX TRAINING	CROSS TRAINING	TRX TRAINING	TRX TRAINING	CROSS TRAINING	
18h30	TRX TRAINING	CROSS TRAINING	TRX TRAINING	TRX TRAINING	CROSS TRAINING	
19h00	TRX TRAINING	CROSS TRAINING	TRX TRAINING	TRX TRAINING	CROSS TRAINING	
19h30		*KARATE & SELF DEFENSE 75'		TRX TRAINING		

SUR RESERVATION - NECESSITE UN ABONNEMENT SPECIFIQUE

*EN OPTION

AQUA ★

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9h15					AQUAWORK 30'	
9h50	AQUA TRAINING	AQUAGYM	AQUA TRAINING	AQUABIKE	AQUAGYM	AQUA COMBAT 10h00
10h50	AQUAGYM	AQUADYNAMIC	AQUABIKE	AQUAGYM		AQUABIKE 11h00
12h20	AQUABIKE	AQUAWORK		AQUA COMBAT	AQUADYNAMIC	

SAUNA et HAMMAM accessibles pendant les heures d'ouverture du club.

Cours de natation pour enfants le mercredi sur réservation.

17h25	AQUAWORK	AQUABIKE	AQUA TRAINING	AQUADYNAMIC	NATATION
18h25	AQUABIKE	AQUADYNAMIC	AQUA COMBAT	AQUAWORK	AQUABIKE
19h25	AQUA COMBAT	AQUAWORK		AQUABIKE	

SUR RESERVATION

SUR RESERVATION TARIFEE

HORAIRES D'OUVERTURE :

Du lundi au vendredi : 8h45 - 14h00 // 15h00 - 21h00

Samedi : 9h00 - 12h30 // 14h30 - 17h30

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