



PLANNING DES COURS TRAINING ET YOGA - ROCHEFORT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
				7h00 - 08h00 CROSSTRaining	
	9h00 - 10h00 CROSSTRaining	9h00 - 09h55 TRX MOBILITE	9h00 - 9h55 CROSSTRaining	9h00 - 9h45 VINYASA	
				10h - 10h55 PILATES	
	11h - 11h45 PILATES			11h - 11h55 TRX MOBILITE	
12h25 - 13h10 TRX TRAINING				12h25 - 13h10 CROSSTRaining	
16h30 - 17h30 YIN		16h15 - 17h15 CROSSTRaining ADOS	16h15 - 17h PILATES	17h - 18h CROSSTRaining ADOS	
18h - 19h30 HATHA FLOW	17h45 - 18h30 TRX FORCE	18h - 19h00 YIN	17h45 - 18h30 TRX TRAINING	18h - 18h55 PILATES	
19h35 - 20h30 CROSSTRaining		19h35 - 20h20 TRX TRAINING	18h35 - 19h30 CROSSTRaining		

RÉSERVATION sur votre application mobile ou sur votre PC

Site web : Relaxforme.fr

Contact : rochefort@relaxforme.fr

 [RelaxForme.Rochefort](https://www.facebook.com/RelaxForme.Rochefort)

 [Relax_forme_rochefort](https://www.instagram.com/Relax_forme_rochefort)