



RÉSERVATION

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Site web : Relaxforme.fr



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PLANNING DES COURS TRAINING - AYTRÉ

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	9h-9h45 CROSSMOBILITE		9h15-10h CROSSCORE	9h-9h45 CROSSMOBILITE
				10h-10h55 CROSSTRaining
	12h25-13h10 CROSSCORE		12h25-13h10 CROSSTRaining	12h30-13h00 GRIT SERIES GRIT SERIES HIGHER BODY INTENSITY INTERVAL TRAINING
17h35-18h30 CROSSTRaining			17h30-18h00 GRIT SERIES GRIT SERIES HIGHER BODY INTENSITY INTERVAL TRAINING	18h-18h55 CROSSTRaining
18h35-19h30 CROSSCORE	18h35-19h30 CROSSTRaining		18h35-19h30 CROSSCORE	
	19h30-20h15 CROSSMOBILITE	19h30-20h00 GRIT SERIES GRIT SERIES HIGHER BODY INTENSITY INTERVAL TRAINING		

