



RÉSERVATION

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PLANNING DES COURS TRAINING - AYTRÉ

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	9h-9h45 CROSSMOBILITE		9h15-10h CROSSCORE	9h-9h55 CROSSTRaining
	11h-11h55 CROSS RENFO	11h-11h55 CROSS RENFO		11h-11h55 CROSS RENFO
	12h25-13h10 CROSSCORE		12h25-13h10 CROSSTRaining	12h30-13h00 GRIT SERIES HIGHS REPS INTENSITY INTERVAL TRAINING
17H35-18H30 CROSSTRaining	17h35-18h30 CROSSCORE	17H35-18H30 CROSSTRaining	17H35-18H30 CROSSTRaining	
18H35-19H30 CROSSCORE	18H35-19H30 CROSSTRaining		18H35-19H30 CROSSCORE	19h-19h55 CROSSTRaining
	19H30-20H15 CROSS RENFO	19H30-20H00 GRIT SERIES HIGHS REPS INTENSITY INTERVAL TRAINING		

