



# PLANNING DES COURS TRAINING - ROCHEFORT

## RÉSERVATION

sur votre application  
mobile ou sur votre PC

Site web : [Relaxforme.fr](http://Relaxforme.fr)



Contact :  
[rochefort@relaxforme.fr](mailto:rochefort@relaxforme.fr)

| LUNDI         | MARDI          | MERCREDI       | JEUDI          | VENDREDI      |
|---------------|----------------|----------------|----------------|---------------|
|               | 7h-7h45        |                | 7h-7h45        |               |
|               | CROSSTRaining  |                | CROSS RUN      |               |
|               | 9h-9h55        | 9h-9h45        |                |               |
|               | CROSSTRaining  | CROSS MOBILITE |                |               |
|               | 11h-11h55      |                | 11h-11h55      |               |
|               | CROSS MOBILITE |                | CROSS MOBILITE |               |
| 12h25-13h10   |                |                |                | 12h25-13h20   |
| CROSS RENFO   |                |                |                | CROSSTRaining |
| 18H-19H       | 18H-18H55      | 18H30-18H25    | 18H-18H55      |               |
| CROSS RENFO   | CROSSCORE      | CROSSTRaining  | CROSSTRaining  |               |
| 19H-19H55     | 19H-19H55      |                | 19H-19H55      |               |
| CROSSTRaining | CROSS MOBILITE |                | CROSSCORE      |               |

