



PLANNING DES COURS TRAINING ET YOGA - ROCHEFORT

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

RÉSERVATION sur votre application mobile ou sur votre PC

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