



PLANNING DES COURS TRAINING - ROCHEFORT

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

RÉSERVATION sur votre application mobile ou sur votre PC

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