



PLANNING DES COURS FITNESS - Rochefort

| Lundi | Mardi | Mercredi | Jeudi | Vendredi | Samedi |
|--|---|--|--|-------------------------------------|--|
| 09h15 – 09h45 LES MILLS CORE | 07h – 07h45 RPM | | | | |
| 10h – 10h45 BODYBALANCE | 10h – 10h45 BODYPUMP | 10h – 10h45 LES MILLS CORE | 10h – 10h45 RPM | 10h – 10h45 PILATES | 10h00 – 10h45 LES MILLS CORE |
| 11h – 11h45 PILATES | 11h – 11h45 STRETCHING | 11h – 11h55 BODYBALANCE | 11h – 11h45 STRETCHING | 11h – 11h45 FIT' | 11h – 11h45 RPM |
| 12h30 – 13h15 RPM | 12h30 – 13h15 BODYCOMBAT | 12h30 – 13h15 BODYPUMP | 12h30 – 13h15 LES MILLS CORE | 12h30 – 13h15 BODYBALANCE | 12h – 12h45 BODYBALANCE |
| 16h15 – 17h00 STRETCHING | | 17h30 – 18h FIT' | 17h40 – 18h25 LES MILLS CORE | | |
| 17h40 – 18h25 BODYPUMP | 17h40 – 18h25 BODYBALANCE | 18h – 18h30 LES MILLS CORE | 18h35 – 19h30 BODYBALANCE | 18h – 18h45 BODYPUMP | |
| 18h35 – 19h20 BODYCOMBAT RPM | 18h35 – 19h30 BODYJAM RPM | 18h35 – 19h20 RPM BODYCOMBAT | | 19h – 19h45 RPM | |
| 19h35 – 20h30 BODYBALANCE | 19h35 – 20h20 LES MILLS CORE | | 19h35 – 20h20 RPM | STEP | |

RÉSERVATION
sur votre application
mobile ou sur votre PC

Site web : Relaxforme.fr
Contact : rochefort@relaxforme.fr

