



PLANNING DES COURS TRAINING ET YOGA - ROCHEFORT

LUNDI	MARDI	MERCREDI	Jeudi	Vendredi	Samedi
			7h00 - 7h45 VINYASA	7h00 - 08h00 CROSSTRaining	
	9h00 - 10h00 CROSSTRaining		9h00 - 9h55 CROSS MOBILITÉ	9h00 - 9h45 VINYASA	
	11h - 11h45 PILATES			10h - 10h55 PILATES	
12h25 - 13h10 CROSSTRaining		16h15 - 17h15 CROSSTRaining ADOS		12h25 - 13h10 CROSSTRaining	
	17h45 - 18h30 CROSS CORE			17h- 18h CROSSTRaining ADOS	
18h20 - 19h20 HATHA FLOW		18h20 - 19h20 YIN	18h35 - 19h30 CROSSTRaining	18h - 18h55 PILATES	
19h35 - 20h30 CROSSTRaining		19h35 - 20h20 CROSS CORE	19h35 - 20h35 YIN		

RÉSERVATION sur votre application mobile ou sur votre PC

Site web : Relaxforme.fr

Contact : rochefort@relaxforme.fr

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