



PLANNING DES COURS TRAINING - AYTRÉ

RÉSERVATION

sur votre application mobile ou sur votre PC

Site web : Relaxforme.fr



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Contact : aytre@relaxforme.fr

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
	9h-9h45 CROSSMOBILITE		9h15-10h CROSSCORE	9h-9h45 CROSSMOBILITE
				10h-10h55 CROSSTRaining
	12h25-13h10 CROSSCORE		12h25-13h10 CROSSTRaining	12h30-13h00 LES MILLS GRIT STRENGTH
17h35-18h30 CROSSTRaining			17h30-18h00 LES MILLS GRIT CARDIO	18h-18h55 CROSSTRaining
18h35-19h30 CROSSCORE	18h35-19h30 CROSSTRaining		18h35-19h30 CROSSCORE	
	19h30-20h15 CROSSMOBILITE	19h30-20h00 LES MILLS GRIT CARDIO		

