



PLANNING DES COURS YOGA - TRAINING - ROCHEFORT

RÉSERVATION

sur votre application mobile ou sur votre PC

Site web : Relaxforme.fr



Contact : rochefort@relaxforme.fr

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
			7h-7h55 CROSSRUN	7h-8h FUNCTIONAL STRENGTH
			8h-9h VINYASA	
	9h-9h55 CROSSTRAINING	9h-9h45 CROSSMOBILITE		9h-10h VINYASA
10h-10h45 HATHA				12h25-13h20 CROSSTRAINING
	17h40-18h25 CROSSCORE			
		18H20-19H35 YIN	18H35-19H30 CROSSTRAINING	
19H35-20H35 CROSSTRAINING		19H35-20h20 CROSSCORE	19H35-20h50 HATHA	
		19H35-20h50 STRETCHING YIN		

