



RÉSERVATION

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PLANNING DES COURS FITNESS ET RPM - ROCHEFORT

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
				7h-7h45 RPM	
10h-10h55 BODYBALANCE	10h-10h45 BODYPUMP	10h-10h45 LES MILLS Shapes	10h-10h45 RPM	10h-10h55 STRETCHING	10h-10h45 LES MILLS Shapes
11h-11h55 PILATES	11h-11h45 PILATES	11h-11h55 BODYBALANCE	11h-11h55 STRETCHING	11h-11h45 SPINNING	11h-11h45 RPM
12h30-13h15 BODYPUMP	12h30-13h15 RPM	12h30-13h15 ABDOS & GAINAGE	12h30-13h15 BODYCOMBAT	12h30-13h15 LES MILLS Shapes	12h-12h55 BODYBALANCE
17h35-18h20 BODYPUMP	17h35-18h20 LES MILLS Shapes	17h30-18h ABDOS & GAINAGE	17h35-18h20 ABDOS & GAINAGE	17h35-18h20 BODYPUMP	
		18h-18h30 CIRCUIT CARDIO		PILATES	
18h30-19h20 RPM BODYCOMBAT	18h30-19h20 RPM BODYJAM	18h30-19h20 RPM BODYCOMBAT	18h30-19h20 BODYBALANCE	18h40-19h40 YIN YOGA	
19h35-20h30 BODYBALANCE	19h35-20h20 BODYPUMP	19h35-20h20 STEP	19h35-20h20 RPM LES MILLS Shapes		

