

réservation ⇨ <https://relaxforme.resamania.fr>

ROCHEFORT
à partir du 07/09/2020

LUNDI 8:45-14:00 / 15:30-21:00	MARDI 8:45-14:00 / 15:30-21:00	MERCREDI 8:45-14:00 / 15:30-21:00	JEUDI 8:45-14:00 / 15:30-21:00	VENDREDI 8:45-14:00 / 15:30-21:00	SAMEDI 9:00-14:00	DIMANCHE Fermé
09:45 - 10:30 aqua training	09:45 - 10:30 aqua gym	10:00 - 10:45 aqua gym	09:45 - 10:30 aqua gym	09:45 - 10:30 aqua bike	09:50 - 10:35 aqua bike	
11:00 - 11:45 aqua bike	11:00 - 11:45 aqua work	11:00 - 11:45 aqua bike		11:00 - 11:45 aqua work	11:00 - 11:45 aqua combat	
12:25 - 13:10 aqua combat	12:25 - 13:10 aqua bike		12:25 - 13:10 aqua circuit			
	15:40 - 16:25 aqua training					
18:00 - 18:45 aqua bike	18:00 - 18:45 aqua work	18:00 - 18:45 aqua gym	18:00 - 18:45 aqua work	18:00 - 18:45 aqua bike		
19:00 - 19:45 aqua combat	19:15 - 20:00 aqua bike	19:15 - 19:45 aqua combat	19:00 - 19:45 aqua bike	19:00 - 19:45 aqua circuit		

