

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
	09:15 - 09:55 CROSSTRaining	09:15 - 09:55 TRX TRAINING				
10:00 - 10:45 BODYBALANCE	10:00 - 10:45 Circuit Cardio	10:00 - 10:45 BODYATTACK		10:00 - 10:45 BODYPUMP	10:00 - 10:45 BODYATTACK	
11:00 - 11:45 PILATES		11:00 - 11:40 STRETCH & MOBILITE	11:00 - 11:45 BODYBALANCE	11:00 - 11:45 CROSSTRaining		
11:30 - 12:15 TRX TRAINING						
	12:30 - 13:15 BODYATTACK	12:30 - 13:15 PILATES	12:30 - 13:00 CXWORX	12:30 - 13:15 BODYBALANCE	12:00 - 12:45 BODYBALANCE	
		12:30 - 13:15 HIIT training				légende : DANS LE STUDIO TEAM TRAINING
				16:00 - 16:45 CROSSTRaining		★ ★ ★ RELAX FORME Libérez-vous ROCHEFORT à partir du 07/09/2020
17:30 - 18:15 BODYPUMP						
	17:45 - 18:30 BODYBALANCE	17:45 - 18:15 CXWORX	17:45 - 18:30 CROSSTRaining		18:00 - 18:45 BODYCOMBAT	
18:35 - 19:20 BODYCOMBAT	18:40 - 19:25 BODYJAM	18:35 - 19:25 BODYBALANCE				
19:30 - 20:15 CROSSTRaining			18:40 - 19:25 BODYATTACK		19:00 - 19:55 BODYJAM	
19:35 - 20:30 BODYBALANCE	19:35 - 20:05 CXWORX	19:35 - 20:20 BODYPUMP				