



MAX & HERVE

COACHING SPORTIF

ROCHEFORT 06 64 74 83 55

LUNDI

MARDI

MERCREDI

JEUDI

SAMEDI

**CROSS-TRAINING
LA ROCHELLE
12H30 - 13H15**

**CROSS-TRAINING
LA ROCHELLE
12H30 - 13H15**

**CROSS-TRAINING
LA ROCHELLE
11H00 - 11H45**

**CROSS-TRAINING
ROCHEFORT
18H00 - 18H45
19H00 - 19H45**

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LA ROCHELLE
18H00 - 18H45
19H00 - 19H45**

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ROCHEFORT
18H00 - 18H45
19H00 - 19H45**

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LA ROCHELLE
18H00 - 18H45
19H00 - 19H45**

**CROSS-TRAINING
ROCHEFORT
11H00 - 11H45**

LA ROCHELLE 06 61 66 80 03