

GOFITNESS YERRES TEL : 01 69 02 17 52



	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
09h15	GOFIT'PUMP	rdv NUTRITION	BIKING	RENFO	BIKING		
10h00	C.A.F.	rdv NUTRITION	BODYSCULPT	DJEMBEL	BODYSCULPT	10h00 ZUMBA	GOFIT'PUMP
10h45	BODYZEN	rdv NUTRITION	BODYZEN	PILATES	STRETCHING	GOFIT'FIGHT	BIKING
	11h30 SELF-DEFENSE *		11h30 SELF-DEFENSE *			BODYZEN	STRETCHING
		13h45 JIU-JITSU kids *				14h00 JIU-JITSU kids *	
18h00	CIRCUIT		GOFIT'PUMP	C.A.F.	CIRCUIT		
18h45	GOFIT'PUMP	GOFIT'DANCE	GOFIT'CARDIO	BIKING	BIKING		
19h30	GOFIT'FIGHT	DJEMBEL	PILATES BIKING	GOFIT'FIGHT	PILATES		
20h15	BIKING		C.A.F.				
20h30	JIU-JITSU *	* Hors abonnement GOFITNESS	20h30 JIU-JITSU *	JIU-JITSU *	JIU-JITSU *		

HORAIRES D'ACCUEIL

DU LUNDI AU VENDREDI
9H00 - 13H00
16H00 - 20H00
SAMEDI - DIMANCHE
9H00 - 14H00