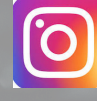


PLANNING GO FITNESS YERRES



GOFITNESS YERRES TEL: 06.15.09.16.96

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H15	GOFIT'PUMP		BIKING		BIKING		
10H00	C.A.F		BODYSULPT	zumb'Afro	C.A.F	Fit'Dance	GOFIT'PUMP
10H45	BODYZEN		BODYZEN	Pilates	STRETCHING	Gofit'Attack	BIKING
			16H30			14H30	Plateau
			JIU-Jitsu kids			C.A.F	
18H00	CIRCUIT	C.A.F	GOFIT'PUMP	MIX COMBAT/Attack	FULL BODY	JIU-Jitsu Kids	
18H45	GOFIT'PUMP	CROSS TRAINING	GOFIT'CARDIO	BIKING YOGA	Fit'Dance		
19H30	GOFIT'FIGHT	zumb'Afro	Pilates BIKING	Jiu-Jitsu			
20H15	BIKING	Jiu-Jitsu					
20H17	Jiu-Jitsu						

HORAIRES D'ACCUEIL

DU LUNDI AU VENDREDI

9h30-13h

16H00 - 20H00

SAMEDI - DIMANCHE

10h - 13h

