




	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	☎ 09 60 47 01 54
9h	LES MILLS RPM LES MILLS BODYPUMP	LES MILLS BODYBALANCE YANNICK 1h	FAC JEREMY 1h	LES MILLS CXWORX YANNICK 30'	CROSS TRAINING JEREMY 45'		● Cours de 30'
				9h 30 STRETCHING YANNICK 45'		9h 30 LES MILLS BODYPUMP YANNICK 1H	● Cours de 50'
10h	STRETCHING 45'	TRAINING DAY JEREMY 30'		10h TRX JEREMY 30'		10h 45 LES MILLS RPM 50'	● Cours de 1h
12h 15	LES MILLS CXWORX YANNICK 30'	12h 15 LES MILLS RPM YANNICK 50'	12h 15 PUMP 45'	12h 15 LES MILLS BODYATTACK YANNICK 45'	12h 15 LES MILLS sprint 30'	OUVERTURE 7/7 - 6H/23H Horaires d'ACCUEIL de votre club:  LUNDI-MARDI-JEUDI : 9H-13H30 // 16H00-20H30  MERCREDI : 9H-13H30 // 16H00-18H30  VENDREDI : 9H-13H  SAMEDI : 9H-12H   <i>Attractive fitness</i>	
 <b>FITWAY BOURG DE PEAGE / FITWAY GROUPE</b> 							
17h	TRAINING DAY JEREMY 30'	17h TRX JEREMY 30'		17h TRAINING DAY JEREMY 30'			
17h 30	LES MILLS RPM YANNICK 50'	17h 30 LES MILLS CXWORX YANNICK 30'	17h 30 CROSS TRAINING JEREMY 45'	17h 30 LES MILLS BODYPUMP YANNICK 1H	18h LES MILLS sprint 30'		
18h	CROSS TRAINING JEREMY 45'	18h LES MILLS BODYATTACK LES MILLS sprint	18h 30 LES MILLS RPM 50'	18h 45 LES MILLS CXWORX YANNICK 30'	18h 45 COMBAT 45'		
18h 45	FAC JEREMY 45'	18h 45 LES MILLS RPM LES MILLS BODYPUMP	19h 30 COMBAT 45'	19h 30 LES MILLS RPM YANNICK 50'	19h 30 STRETCHING 45'		
19h 30	LES MILLS BODYBALANCE YANNICK 55'	19h 45 TRAINING DAY JEREMY 30'					