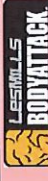





# PLANNING ECF RENTREE 2021

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATINEE						10H30-11H15 FIT'RENFO	10H30-12H00 SELF-DEFENSE
						11H15-12H00 	

MIDI	12H45-13H30	12H45-13H30	12H45-13H30	12H45-13H30	12H45-13H30
	H.I.I.T		FIT'PUMP		C.A.F

SOIREE	18H30-19H15	18H30-19H15	18H30-19H15	18H30-19H15	18H30-19H15
	H.I.I.T		FIT'RENFO	C.A.F	
	19H15-20H00 	WOD	FIT'CARDIO	19H15-20H00	FIT'BOXING

**HORAIRES DU CLUB**  
LUNDI AU VENDREDI 6h-23h  
SAMEDI 9h-18h  
DIMANCHE 9h-18h

**CONTACT**  
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**LES MILLS**  
FOR A FITTER PLANET

LEGENDE	COURS CARDIO	COURS CARDIO-RENFORCEMENT INTENSIF	COURS RENFO	COURS DETENTE
				

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