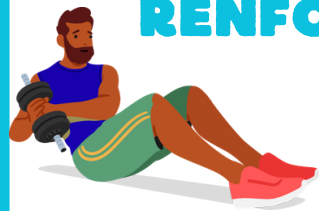


Avi'Forme

NOUVEAU PLANNING

LUNDI

11h15
TOTAL
RENFO



12h15
CROSS
TRAINING



17h15
AFC



MARDI

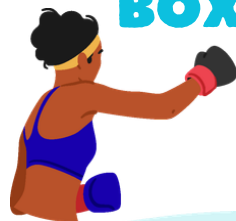
11h15
AFC



12h15
FIT
BOXE



17h15
FIT
BOXE



18h15
CROSS
TRAINING

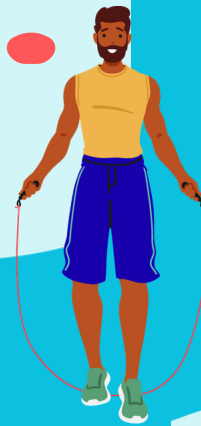


MERCREDI

11h15
GYM
POSTURAL



12h15
HiIT



JEUDI

11h15
CROSS
TRAINING



17h15
EMOM



VENDREDI

11h15
GYM
POSTURAL



12h15
STRETCHING



17h15
CROSS
TRAINING



18h15
BIKE
NEW



SAMEDI

11h15
CROSS
TRAINING



AVIGNON
Ville d'exception