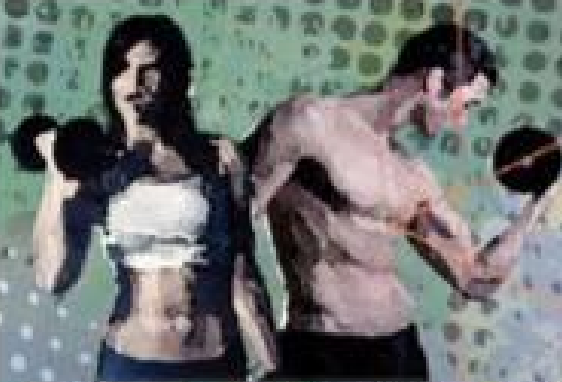




Liberty GYM

Lognes

Votre planning !!!

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

10h00
11h00

Culottes - Abdos
Fessiers

LEONILLE
BODYBALANCE

LEONILLE
RPM

CIRCUIT
SCULPTING

PLATES

LEONILLE
BODYBALANCE

Culottes - Abdos
Fessiers

11h05
12h05

ZUMBA

LEONILLE
BODYPUMP

LEONILLE
BODYBALANCE

Hill !!!

PLATES

LEONILLE
BODYPUMP
12h10 - 13h00
LEONILLE
RPM

ZUMBA
12h05 - 12h45
STRECHING

12h45
13h30

LEONILLE
BODYPUMP

LEONILLE
BODYATTACK

CIRCUIT
SCULPTING

LEONILLE
RPM

CIRCUIT
SCULPTING

13h00
13h30

step

Hill !!!

LEONILLE
BODYBALANCE

Culottes - Abdos
Fessiers

Hill !!!

13h30
14h30

LEONILLE
BODYPUMP

LEONILLE
RPM

Culottes - Abdos
Fessiers

LEONILLE
BODYATTACK

step

14h30
15h30

ZUMBA
LEONILLE
RPM

LEONILLE
BODYPUMP

ZUMBA

PLATES
LEONILLE
RPM

LEONILLE
RPM

