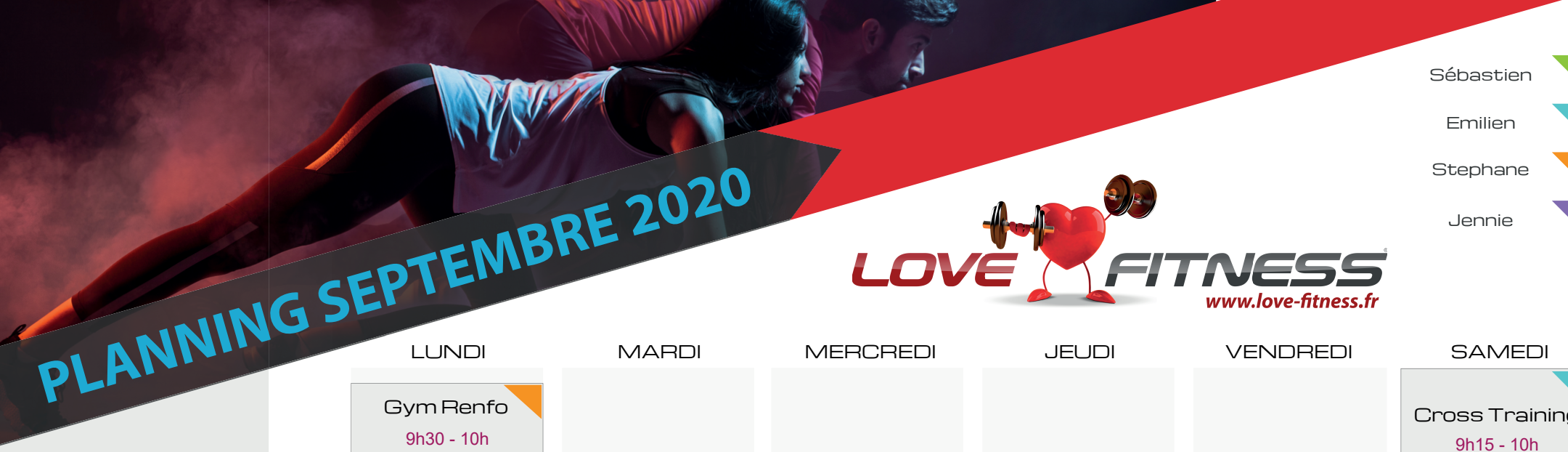

PLANNING SEPTEMBRE 2020

Sébastien
Emilien
Stephane
Jennie

LOVE FITNESS
www.love-fitness.fr

Horaires du club

Lundi	9h - 21h30
Mardi	9h - 21h30
Mercredi	9h - 21h
Jeudi	9h - 21h
Vendredi	9h - 21h
Samedi	9h - 17h
Dimanche	10h - 13h

853 rue des Vareys
01440 VIRIAT

04.74.22.77.09

contact@love-fitness.fr

Rejoignez-nous
/Love Fitness-Viriat

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
Gym Renfo 9h30 - 10h					Cross Training 9h15 - 10h
Hatha Yoga 10h - 11h	CAF 10h - 11h	LesMILLS BODYBALANCE 10h - 11h		Hatha Yoga 10h - 11h	
	Strech 11h - 11h30				
Bike 12h25 - 13h	Bike 12h25 - 13h CAF 12h25 - 13h	LesMILLS BODYPUMP 12h30 - 13h15	CAF 12h25 - 13h	Bike 12h25 - 13h	
LesMILLS BODYPUMP 17h30 - 18h30	Step 17h45 - 18h30	LesMILLS BODYJAM 17h30 - 18h15	Love Attack 17h30 - 18h15	LesMILLS BODYPUMP 17h30 - 18h15	
Bike 18h35- 19h20	Cross Training 18h30 - 19h15	Bike 18h30 - 19h15 Love Combat 18h30 - 19h30	Step 18h15 - 19h	LesMILLS BODYJAM 18h15 - 19h	
LesMILLS BODYBALANCE 19h30 - 20h15			Cross Training 19h - 19h45		