







Horaires	Lundi	Mardi	Mercredi
9h30 - 10h30		Gym Renfo	
10h - 11h	Hatha Yoga	10h30 – 11h Stretching	
12h25 - 13h00	BIKE	CAF	12h30 13h15 
17h30 - 18h30			
18h30 - 19h15	18h45 – 19h30 BIKE	CROSS TRAINING	18h15 – 19h Bike
			19h – 19h45 Love Combat

Horaires	Jeudi	Vendredi	Samedi
9h30 - 10h30	<b>Gym Renfo</b>		
10h - 11h	10h30 – 11 h <b>Stretching</b>	<i>Hatha Yoga</i>	
12h25-13h00	<b>CAF</b>	<b>BIKE</b>	
			Sébastien
			Stéphane
			Léa
17h30-18h15			Lundi au vendredi      9 h / 21h
18h15 – 19h			Samedi :                      9 h / 16 h Dimanche                      9 h / 12 h
19h – 19h45	<b>CROSS TRAINING</b>		☎ 04 74 22 77 09 ✉ <a href="mailto:contact@love-fitness.fr">contact@love-fitness.fr</a>