





















Horaires	Lundi	Mardi	Mercredi
10h - 11h	Hatha Yoga 	RENFO 	BODYOGA 
12h25 - 13h00	BIKE 	HIT CARDIO 	12h25 13h10 BODY BARRE 
17h30 - 18h30	BODY BARRE 		
18h30 - 19h15	BIKE 	CROSS TRAINING 	18h15 - 19h BIKE 
19h - 19h45			LOVE ATTACK 

PLANNING COURS COLLECTIFS

Horaires	Jeudi	Vendredi	Samedi
10h - 11h	 CIRCUIT TRAINING	Hatha Yoga 	11h – 12h CROSS TRAINING 
12h25-13h00	HIT FORCE 	BIKE 	
			Sébastien
			Stéphane
			Flavie
17h30-18h15		BODY BARRE 	Lundi au vendredi 9 h / 21h
18h15 –19h	LOVE COMBAT 	BODYOGA 	Samedi : 9 h / 16 h Dimanche 9 h / 12 h
19h –19h45	CROSS TRAINING 		☎ 04 74 22 77 09 📧 contact@love-fitness.fr